

# Healthy Viking Initiative Presents “Viking Drumming Circle”

Join us and come have **FUN** drumming to your natural human beat. Drumming has a positive effect to your health by reducing tension, anxiety, stress and chronic pain. Research and studies have discovered that through mindful drumming emotional healing can occur and give students an outlet to express difficult emotions. Drumming circle is an effective tool in bringing unity to learn and practice mental health coping and healing together creatively in a non-judgmental environment.



## **B.Y.O.D. (Bring your own drum or any percussion instrument)**

No experience necessary. We have found that offering extra credit is a really powerful way to give students the extra reason they need to attend these workshops that allows them both to benefit from the program and “save face” if they’re questioned about why they want to attend. *Please take notice of Thursdays dates come before Wednesday.*

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**Wednesdays**  
**PCC Campus 12:00-12:30 p.m.**  
*EE Quad- in front of EE Building*

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Date
10/30/19
11/13/19
11/27/19
12/11/19

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**Thursdays**  
**LAC Campus 12:00-12:30p.m.**  
*A Quad- in front of A Building*

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Date
10/24/19
11/7/19
11/21/19
12/05/19