

NEWS RELEASE

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Music Programs Promote Wellness

New Heart: Wellness, Fitness and Cardiac Rehabilitation has announced a new array of specialized programs, including many non-traditional forms of coping with heart disease, stress, or other life issues.

Researchers are finding that music holds a healing quality and a unique experience for each individual. New Heart's Healing Music program, taught by flutist Bonnie Schmader, consists of a series of four group sessions to help participants identify the music that resonates for them personally. The sessions includes creation of a personalized music CD, and cost is \$45 for four sessions. Schmader also offers private lessons on flute, piano and guitar at New Heart.

New Heart, founded in 1975, is a nonprofit heart disease prevention and rehabilitation facility. It offers traditional program elements such as exercise, cholesterol management, and nutritional guidance, key factors impacting the progression or regression of disease. In addition, New Heart also explores other practices of health and healing in order to address all dimensions of wellness. A wide range of ongoing therapies such as Mindfulness Meditation, Tai Chi, Health Coaching, Journaling for Wellness, and Music Therapy are available. Educational classes as well as patient and spousal support groups are also important New Heart program components.

New Heart is located at 601 Lomas Blvd NE in Albuquerque. (505) 881-8195. www.newheartnm.org