

MUSIC & WELLNESS WEEKLY GROUP for CLRD

Goal

To encourage the use of music in support of overall health and to create a connective space for people living with chronic lower respiratory diseases (CLRD) such as Asthma, Bronchitis, COPD, Emphysema, Pulmonary Hypertension.

What to expect

- Group Singing
- Breathwork
- Kazoo Playing
- Songwriting
- Music Assisted Relaxation



Facilitator Dr. Kathleen Murphy

- Licensed Creative Arts Therapist
- Board-Certified Music Therapist
- Over 40 yrs working with individuals with a variety of health issues
- Enjoys a wide variety of music and learning new songs



Facilitator Cody Alvord

- Music therapy intern
- Over 9 yrs working with individuals with disabilities
- Enjoys songwriting and performing as a musician and actor

Thursdays 3pm at Margaretville Hospital

Sept 10, 2026 - Nov 19, 2026

Email to Enroll: BreatheBetter@wmchealth.org



**Margaretville
Hospital**

Westchester Medical Center Health Network

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