



QUALITY OF LIFE PROGRAMS

PROVIDING EMOTIONAL SUPPORT, EDUCATION, MEANINGFUL ENGAGEMENT, AND COPING STRATEGIES

MUSICAL BIOGRAPHIES™



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JOIN US: TWO, 6-WEEK SESSIONS OFFERED EACH YEAR
SELECT THE 2024 SESSION THAT WORKS BEST FOR YOU!

SPRING Session: April 4 – May 9, 2024 (10am- 12pm) OR

FALL Session: October 3 - November 7, 2024 (10am - 12pm)

This program is designed to bring together participants, their care-givers, and family in a unique multi-sensorial experience that centers around music and memory. Musical Biographies™ is a 6-week workshop that provides small groups of individuals the opportunity to create memory books inspired by a musical playlist. Participants work with Villa Musica and UCSD staff, care givers, and extended family members to identify music that inspires memory: memory of an important occasion, an event, an era, and then design and decorate a personal biography that brings their musical choices to life.

- SMADRC trained facilitators
- No obligation to participate in research
- No cost to participate

Registration required: **(858) 822-4800** adrc.ucsd.edu

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