

MUSIC - Rhythm Wellness Programme (Drumming)



(Left) Facilitators from OneHeartBeat conducting a drumming session with nursing home residents,
(Right) guiding a nursing home resident

“Rhythm Wellness” is an expressive and stimulating drumming activity for seniors. It promotes coordination and focus, enhances muscle strength, and enables communication and teamwork through different percussion-based exercises.

Community Care staff will be **equipped with knowledge on drumming**, and **how to meaningfully facilitate the programme** with clients.

AIC and the National Arts Council commissioned OneHeartBeat Pte Ltd, a professional drumming organisation to develop this training course for the Community Care sector. The programme will be conducted by Mr Syed Ibrahim, an experienced teaching artist who has facilitated many drumming circles.

Course Fees and Dates:



<https://for.sg/nx2p6d>

Scan this with a QR code reader to find out more on available course dates and register via the AIC Learning Network’s Learning Management System (LMS).

How can I find out more?

Please contact us at healthyageing@aic.sg
Healthy Ageing Department; Agency for Integrated Care