



Tom Alteen (Musubi Drum Circles) is honoured to present a continuing education video to the Newfoundland and Labrador Therapeutic Recreation Association (NLTRA).

In keeping with the NLTRA's 2020 Virtual Conference and AGM Theme, Tom's 45-minute video offering is entitled, "Breaking Out Of Your Shell With Community/Recreational Drumming."

The video will provide definitions to level the playing field, will include a video clip of a live festival "groove," will outline how drumming increased Tom's wellness post multiple myeloma (cancer of the blood plasma) diagnosis, will present a synopsis of Remo's HealthRHYTHMS program and research, and will summarize Musubi Drum Circles' COVID-19 drum circle guidelines.

Tom has also incorporated a unique soundtrack including play-along percussion grooves performed by him and recorded in his home studio. (Some of these are original pieces.)

The YouTube link will be provided on Sunday, November 15, to the NLTRA for distribution and the video will continue to be available until midnight on Friday, November 20, 2020. Individual questions may be directed to Tom at musubidrumcircles@gmail.com or by telephoning the number below. Thank you to the NLTRA for this opportunity!



MUSUBI DRUM CIRCLES

Owned by Tom Alteen, M.B.A., B.Voc.Ed.

<http://www.musubidrumcircles.com>

(709) 765-9442