

Spring Concert

For Caregivers and Their Loved Ones



SING, SING, SING! BRINGING HEALTH AND HARMONY HOME

Tuesday, April 3rd, 11:30am -1:00 pm

Loudoun County Area Agency on Aging

20145 Ashbrook Place, Suite 170 - Ashburn, VA 20147

Scientific research supports that music has positive effects on our spiritual, mental, and physical health. We will be singing (accompanied by guitar), playing simple percussion (as you wish), and sharing stories and musical memories.

Presented by Mary Shapiro, BS, BA

Mary is a licensed educator, performer, and community events coordinator with Stillwaters Studios near Marshall, VA. Motivated by family experiences, she wishes to share the power of music with elders and their caregivers.



**To save your seat for the concert,
please send an email to aaasupport@loudoun.gov
or call 703-771-5407.**

Following the performance,
please join us for a complimentary lunch!

If you require an accommodation for any type of disability in order to participate, please contact Lesley Katz at 703-771-5407/TTY-711. Three business days advance notice is requested.