

LET'S GET WELLFLUENT: MUSIC AS MEDICINE? LOCAL EVENT EXPLORES HOW MUSIC CAN ENHANCE AND SUPPORT A HEALTHY LIFESTYLE

A group of Cutler Bay residents learned how music can be used to enhance their physical and mental well being at an interactive event on April 24 at the Three Palms at East Ridge.

Music therapist Brea Murakami led the event and demonstrated how music supports physical, cognitive, spiritual, emotional and social wellness through fun, musical experiences. The session illustrated music's role in the mind-body connection using the latest research in music cognition and its therapeutic uses.

"I didn't expect this," said Jack Drago, a 91-year-old participant who has recently started taking piano lessons as well as conversational Spanish to keep his mind sharp. "It definitely helped broaden my appreciation of music and understand the connection that music has with our brain."

Through song, for example, Murakami was able to get the group to learn the names of all nine Supreme Court judges in just five minutes.

"Music is more than sound. It is an amazing way to connect ourselves to the world and enhance a healthy lifestyle," says Murakami. "Music can move us and coordinate our bodies more efficiently, with more purpose."

The event was free and hosted by AvMed and is part of its monthly AvMed Connect series, which gives the community a chance to explore new topics and share interests with others.

To learn about upcoming AvMed Connect events, please follow AvMed on Facebook.

About AvMed

With headquarters in Miami and offices in every major metropolitan area of the only state we have served in our near-50-year history, AvMed transforms lives to create a WELLfluent world. By uniting around this sole purpose, we aim to inspire our 362,000 Floridian health plan Members to focus on health and happiness of the mind, body, and soul. Learn more at [AvMed.org](https://www.avmed.org) or [visit our Facebook page](#) to tag your WELLfluent life with [#JointheWELLfluent](https://www.facebook.com/AvMed).



Music therapist Brea Murakami with Cutler Bay residents Joan Replogle and Jack Drago