

# PROJECT HARMONY

## Music Is For You!

Do you enjoy music?  
Do you want to meet new people  
and make new friends?  
Are you interested in using music  
to help manage stress?

**Project Harmony is here to help you**

- Focus on your strengths
- Feel good about yourself
- Engage in a community of creative  
and supportive people

## Music Is For Everyone!



### Music App Series

Increase your skills with  
technology to have fun  
and share with others



### Project Harmony Chorus

Sing and perform  
with an inclusive  
community



### Drum Circle+

Play drums to decrease  
stress and connect with others

No drumming  
experience necessary!



### Karaoke ~ Open Mic

Take the stage or  
join the audience

*Join us for an ongoing series or an individual event!*

**CONNECT WITH US @ 781-224-3300**  
[RomanMusicTherapy.com/ProjectHarmony](http://RomanMusicTherapy.com/ProjectHarmony)



# Build bridges and create community with Project Harmony

## Are you an administrator or director supporting:

- *Patients with chronic diseases*
- *Adults with developmental disabilities*
- *Transition age youth*
- *Aging adults with cognitive or rehabilitative needs*

Do you want to help your participants thrive  
in connection with others in the community?



## Project Harmony offers ongoing series and individual events that provide:

- *Meaningful social experiences*
- *Opportunities to develop authentic friendships*
- *Creative self-expression*
- *Interactive learning and growth*
- *Sense of belonging with others*
- *Enhanced physical health and well-being*

## THERE ARE LOTS OF WAYS YOUR ORGANIZATION CAN PARTICIPATE!

- 🎵 HOST OR ATTEND AN EVENT
- 🎵 MAKE A REFERRAL
- 🎵 SPONSOR AN INDIVIDUAL OR GROUP
- 🎵 BUILD A CUSTOMIZED SERIES WITH US
- 🎵 ADVOCATE FOR MEANINGFUL MUSIC MAKING



FOLLOW US FOR UPDATES  
AND CURRENT EVENTS

LEARN MORE & GET INVOLVED!  
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