



NEUROHEALTH

Music Therapy Services

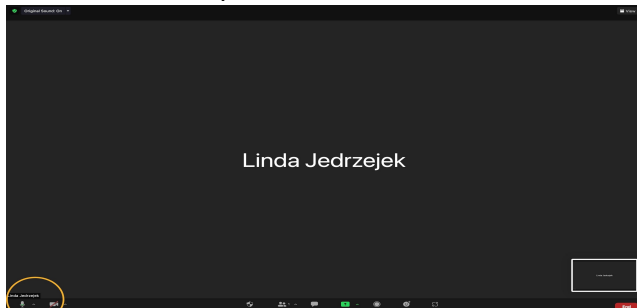
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Suggestions for sessions:

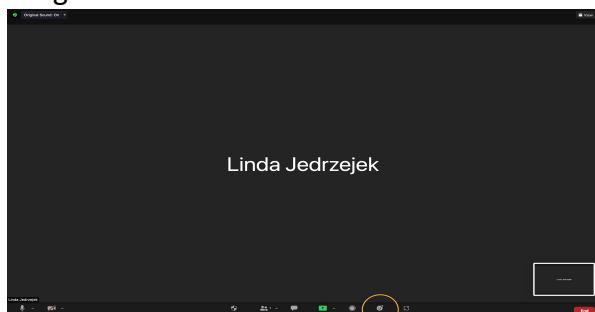
1. Sit in a sturdy chair.
2. Have a glass of water nearby for hydration.
3. Have instrument kits available (if purchased)
4. In some sessions, I may ask you to place instruments on a table or tray in front of you. No worries if a tabletop isn't readily available!
5. Participation is key, singing on key or playing instruments perfectly are not required!
6. Please be respectful of others. Please refrain from discussing politics.
7. HAVE FUN!

Zoom Strategies:

1. Make sure you're using a large enough screen such as a computer or tablet. A phone screen will probably be too small.
2. Download and install the Zoom app
3. Click on the invitation link that is emailed by the researcher to enter the meeting. I will send reminders each week. However, the link will always be the same.
4. Familiarize yourself with where the "mute" and "start video" buttons are located. On computers, they are typically located at the bottom left corner. On tablets, they may be located at the top left of the screen.



5. Be sure to click "start video" to turn on your video when the session begins.
6. During the Therapeutic Singing portion, everyone may be muted. If you have any concerns or questions, please click on "reactions" and then the "raise hand" button to get our attention.



7. You may also send a chat if that's easier.