



Musicking, Science and Health

A Mental Tune-Up

What: The word *Musicking* is the verb form of music and is the act of doing something with music, be it performing, listening, analyzing, or simply enjoying. *Musicking* can influence the body and mind in many ways. We will examine three areas of study in Music and Health: *mental*, *physical*, and *cognitive*.

Why: From research in Gamma brain waves and dopamine pathways to studies in bouncing balls and iPod programs, *Musicking* has been shown to produce positive results with not only *gait*, *speech* and *memory* issues, but also with more serious medical ailments such as *Parkinson's disease*, *Alzheimer's*, and *fibromyalgia syndrome*. Join us to find out about a few simple things we can do to improve our quality of life.

Where: _____

When: _____

Who: Keith Loach holds a Bachelor of Music (Faculty of Music, University of Toronto), a Master of Business Administration (Rotman School of Management, University of Toronto), and is currently enrolled in the doctoral program at York University for a PhD in Music. His dissertation focuses on how *Musicking* can impact health and wellbeing in many areas including 40 Hz brain wave manipulation and how Switzerland supports music and motion in their national health care program.

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Lecture

Title and Description of the Program:

The title of the lecture is "Musicking, Science and Health: A Mental Tune-Up." The purpose of the talk is to examine recent research in the area of music and health, and share a few simple things that we can do to improve our quality of life. The word "musicking" is the verb form of the word "music" and is the act of doing something with music, be it performing, listening, analyzing, or simply enjoying. Musicking can influence the body and mind in many ways. From research in Gamma brain waves and dopamine pathways to studies in bouncing balls and iPod programs, musicking has been shown to produce positive results with not only gait, speech and memory issues, but also with more serious medical ailments such as Parkinson's disease, fibromyalgia syndrome, and Alzheimer's disease. The program is approximately 45 minutes in length and includes recorded music, a 40 Hz frequency demonstration, audience participation, and a live clarinet performance. Books will be available for sale. No special equipment is required.

About the Speaker:

Keith Loach holds a Bachelor of Music (Faculty of Music, University of Toronto), a Master of Business Administration (Rotman School of Management, University of Toronto), and is currently enrolled in the doctoral program at York University for a PhD in Music. His main area of study is in how music can be used to improve our quality of life. His dissertation focuses on musicking and its impact on health and wellbeing, including 40 Hz brain wave manipulation and how Switzerland supports music and motion in their national health care program. He is looking for feedback from his audience on the importance of music in their lives and how they might be using musicking to improve their quality of life in both mental and physical capacities. Keith is promoting his book (Musicking, Science and Health: A Mental & Physical Tune-Up) as he continues researching his dissertation and preparing for his academic exams. More information can be found on his website, www.musicking.ca.

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