

MUSIC *ON OUR MINDS*



Enjoying and engaging in music promotes **healthy aging, mental well-being, and social connection**



Explore the joys and benefits of music with these practical tips:



Incorporate music in your life.

Music can improve well-being, especially when shared with loved ones.



Listen to music to encourage yourself to exercise.

Music can provide a mental boost and help motivate you to move your body.



Dance, sing or move to music.

These activities not only provide physical exercise but can also relieve stress and create social connections.



Listen to familiar music that comforts you and evokes positive memories.

Also try listening to *new* music to stimulate your brain with unfamiliar melodies.



Don't delay getting your hearing checked if you notice hearing difficulties.

Correcting hearing loss as soon as possible is important for brain health (as well as continuing to enjoy music!)



Make music yourself!

Music making can include both singing and playing an instrument (singing may be the simplest way to get started).



Consider joining or forming a music-making group, such as a community choir.

Making music with friends and family creates a sense of belonging that promotes mental well-being.