

10-Low Impact
INSTRUMENTS



Piano



Organ



Bongos



Maracas



Castanets



Drum



Xylophone



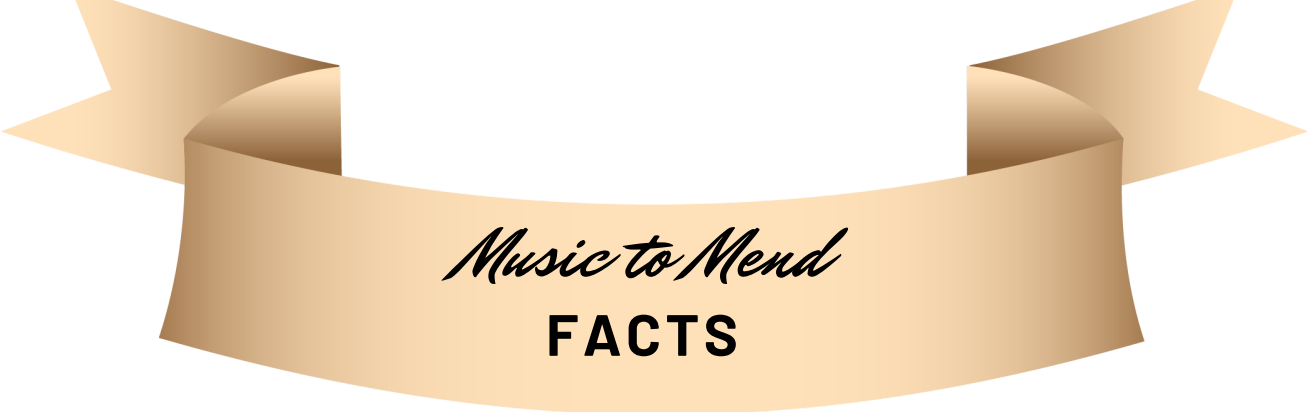
Glockenspiel



Congas



Tamborine



Music to Mend
FACTS

Music for wellness

According to the World Health Organization, those suffering from various illnesses receive benefits such as: musical communication as a means of social support, emotional engagement with music and increased levels of perceived control.

Six musicians with long-term conditions

- Lyme Disease - "*Head Above Water*" by Avril Lavigne
- Fibromyalgia - "*The Cure*" by Lady Gaga
- Lupus - "*Wolves*" by Selena Gomez
- Graves' Disease - "*I'm Better*" by Missy Elliott
- Diabetes - "*A Little Bit Longer*" by Nick Jonas