

# Healing Vibrations:

## Music Classes Promote Healing and Quality of Life in Cancer Survivorship\*

*Music therapy is the use of music by health care professionals to promote healing and enhance your quality of life. Studies show that when used with conventional cancer treatment, music therapy can have several benefits.*

email: info@amacf.org

phone: (616) 607-7360

web: www.amacf.org

[Click here for detailed information about ACEF's music classes](#)



### About Your Instructor:

Lisa Ziemelis, MT-BC, NMT was raised in Muskegon, MI, and from an early age was strongly influenced by music. Lisa earned a bachelor's degree in music therapy from Western Michigan University.

She also completed work at the Lighthouse Neurological Rehabilitation Center in Caro, MI. From there Lisa moved on to Sparrow Hospital where she joined an interdisciplinary team of therapists in the behavioral health department.

From research and experience, Lisa knows that music therapy is a highly effective tool in developing coping skills, encouraging emotional expression through music and art, and promoting social interaction. Music is engaging and allows for social interaction opportunities to connect and share a positive experience.

Lisa looks forward to having you in one of her supportive-expressive groups, where you'll have social support in a group environment in which you can be yourself.

\*Stanczyk, M. M. (2011). Music therapy in supportive cancer care. *Reports of Practical Oncology and Radiotherapy*, 16(5), 170-172.

\*Not everyone may get these results. Your results may be different. Research shows that the average person may improve her quality of life.

For additional class information, contact us at [info@amacf.org](mailto:info@amacf.org), or by phone at (616) 607-7360, or in person at the Absenger Cancer Education Foundation at 17212 Van Wagoner Road, Spring Lake, MI 49456.

Transportation assistance is available to those who qualify!

- In the field of cancer care, music is increasingly recognized as an effective intervention. It is used to address the physical, psychological, social, and spiritual needs of patients.
- Music therapy may help you with side effects of both cancer and its treatment.
- Music therapy may help you to reduce cancer-related pain and anxiety.
- Music therapy could help you to improve mood, enhance relaxation, and relieve chemotherapy-induced nausea and vomiting.
- Music therapy may also help you to reduce stress and increase an overall sense of well-being.
- Research also suggests that music therapy can assist in decreasing the intensity and perception of pain when used in combination with pain medication. In some cases, music therapy resulted in a reduced need for pain medication.
- Music therapy has also been shown to lower heart rate, blood pressure, and breathing rate, as well as to reduce the effects of insomnia and depression.
- The applications and benefits of music therapy may be endless. Additional studies have shown that music can affect brain waves, brain circulation, and stress hormones.
- From patient interviews, we know that you may expect positive effects during and shortly after music therapy sessions.

## 2016 Class Schedule

**Every 2<sup>nd</sup> and 4<sup>th</sup> Monday  
of the month @ 5:15 p.m.**

Music classes are held at  
Johnson Family Cancer Center (JFCC)  
1440 E Sherman Blvd  
Muskegon, MI 49444.

Use the entrance facing Sherman Blvd.  
Schedule subject to change without notice.



Music classes are

# FREE

for Breast  
Cancer Survivors!

Funding programs that  
support those in the fight to  
save lives.

