

Healthy Harmonies

AT EXCEPTIONAL SENIOR LIVING



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502.907.3778 • EXCEPTIONALSENIORS.COM

E X C E P T I O N A L *Senior Living*

MEMORY CARE PROGRAM

Introducing Healthy Harmonies, a unique form of music therapy now available at Exceptional Senior Living.

- Program incorporates music into daily programming through activities such as sing-alongs & reminiscing
- Activities are led by memory care director Dr. Shannon Bland, a Board-Certified Music Therapist
- Therapy is resident-centered with music selection based on individualized preferences
- Studies show music may reduce anxiety, agitation and improve behavioral challenges
- Music provides a way for family and friends to connect with their loved ones, even if verbal communication has become difficult
- Music helps to improve mood and life quality while enhancing social and emotional skills

Call us at 502.907.3778 to learn more about our memory care neighborhood and Healthy Harmonies program.

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