Be the Beat! Presented by Amy Dennison, Director of Education for CCM Preparatory and Community Engagement

Be the Beat, Shake an Egg & Sing a Song!
Not only does music making give your brain a total workout, it is a lot of fun! Join us for the express version of Be the Beat – we’ll begin drumming at noon and you’ll be back on your way to your computer and emails and work by 12:45! Reduce stress and improve your mood – and boost your immune system too!

FAQ: Do I need a drum to participate? A variety of drums and other percussion instruments will be provided for all participants.

Who can participate? All are welcome to join

Details & Registration:

Fall Semester - 2nd Wednesdays:
9/13 (UC Main)
10/11 (UC Main)
11/8 (UC Blue Ash)
12/13 (UC Main)

Amy loves sharing her treasure chest of percussion instruments in lively drum circles. Contact Amy.Dennison@uc.edu for details or to learn more about drumming.

Is there an easier or more fun way to earn Be Well UC points than this?

Be Well UC
University of CINCINNATI

Feel Well Questions? Please contact wellness@uc.edu
uc.edu/hr/bewelluc