

For Immediate Release



For more information:
Cancer Services of Northeast Indiana
Amber Recker
(260) 484-9560
arecker@cancer-services.org

IPFW Director of Music Therapy to facilitate Drum Circle

(July 26, 2013 – Fort Wayne, Indiana) In January, Cancer Services launched a drum circle for people with cancer and their families. The program allows people to express emotions by making music—beating a drum, striking a bell, tapping sticks together, etc.

On August 22 and September 26, Nancy Jackson, PhD, MT-BC, will facilitate the group. Jackson is the Director of Music Therapy at IPFW and understands the healing power of drumming.

“We are thrilled that Dr. Jackson will be facilitating our drum circle in August and September,” says Gail Hamm, program director. “She has more than 20 years of experience and an abundance of enthusiasm. This program is free and open to the public and we look forward to having people join us. We supply the instruments. No musical ability is necessary and you do not have to have experienced cancer to participate. We welcome families with school age children as well.”

Research has shown numerous benefits to drumming: a reversal of hormonal stress response, increase in natural killer cell activity, enhanced immune system function; and for people who are dealing with depression, less anxiety and distress and higher self-esteem. In addition, playing in a drum circle is fun, relaxing and energizing.

What: Drum Circle
Where: Cancer Services, 6316 Mutual Drive
When: August 22 and September 26, 6:30-7:30 PM
RSVP: (260) 484-9560

About Cancer Services of Northeast Indiana

Cancer Services’ mission is to enhance the quality of life of those affected by cancer by providing meaningful resources, information and compassionate assistance. Last year, more than 2,600 local people with cancer and their families received emotional support and practical resources for their cancer journey. Cancer Services of Northeast Indiana helps people who live in Allen, Adams, DeKalb, Huntington, Kosciusko, LaGrange, Noble, Steuben, Wabash, Wells, and Whitley counties.

For more information, visit www.cancer-services.org.

About Nancy Jackson, PhD, MT-BC

Dr. Nancy Jackson is associate professor of music and the director of the music therapy program at Indiana University-Purdue University Fort Wayne. She earned the Bachelor of Fine Arts in Music Therapy degree from University of Wisconsin-Milwaukee, and the Master of Music Therapy and Doctor of Philosophy in Music Therapy degrees from Temple University. She has additional training in the Bonny Method of Guided Imagery and Music (GIM), and the Mandala Assessment and Research Instrument (MARI).

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