



TUNE IN: Why Music Improves Mood, Memory and Motivation

As the world becomes more complex, society continues to seek new ways to feel more connected. Since becoming a certified music therapist almost three decades ago I have made many music connections with infants through to seniors, from the corporate lunchroom to the palliative care unit, from the classroom to correction centre, and with people struggling with their mental health to those living with dementia.

In so many ways music is simple – it brings more meaning into moments. In so many ways music is complex – it's interaction with the brain, it's effects on our mood, and it's many triggers.

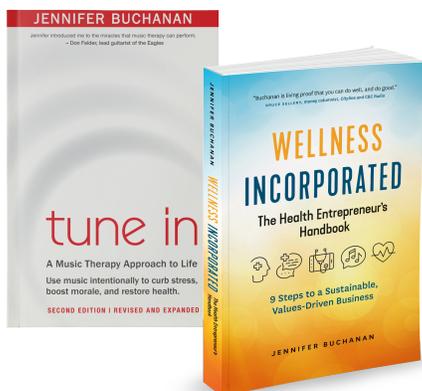
- Learn inspirational research and studies that amplify the work happening at the intersection of music, health, and neuroscience.
- Hear case studies that demonstrate how music can reduce stress and anxiety when used with intention while igniting creativity required for new ideas and problem-solving
- Identify how music is a communication bridge, one that can help individuals express and process their most significant life challenges, difficult transitions, and at times, an unexpected health crisis.

Based on the book of the same title, Tune In, this presentation will demonstrate that when we experience the right music, in the right way, transformation can and does happen.....one note at a time.

Jennifer Buchanan is a Music Therapist, founder of JB Music Therapy, Author of two award-winning books and Past-President of the Canadian Association of Music Therapists.

Her company JB Music Therapy Inc., is home to a specialized team of 21 who serve well over 150 locations each week. Together they have been thrice nominated for the Community Impact Award by the Calgary Chamber of Commerce as well as received professional recognition awards from several disability and mental health organizations.

She has her Executive Masters of Business Administration (MBA) and loves living and working in Canada.



Don Felder
Lead Guitar Player
The EAGLES

Through her work, Jennifer has touched many people in ways that could only be accomplished with both her special gift and her music – one of the most heartwarming experiences of my life.