

**WELCOME TO THE NEXT
BIG THING IN HEALTH
AND WELLBEING...**

LIFEDOCK DRUM-BASED EXERCISE

**THE FIRST COURSE
OF IT'S KIND
IN THE UK!**

Drumming has so many physical, mental and emotional benefits, we just had to create our own drumming exercise instructor course!

Training to be a Drum Based Exercise instructor will give you the opportunity to bring joy, energy, laughter and fun to your service users. Give anyone a set of drumsticks and they will instinctively start to drum, and the physical, mental and social benefits are endless! The programme is seated and perfect for people who are unable to participate in vigorous activity.

During the training you will be provided with a stability ball,

a ball holder and drumsticks and our highly experienced tutors will teach you basic beats and rhythms and simple pre-choreographed routines along with the skills to design your own sessions. You will also learn safety, communication, group management and teaching skills.

The LifeDock Drum Based Exercise instructor training course is a level 2 qualification, is suitable for a wide range of clients and can be adapted according to the ability of your group. This fun and energising activity is perfect for day centres, nursing or residential homes, supported housing and a wide range of community settings.

Drumming is proven to

- Releases stress
- Enhances wellbeing
- Increases circulation
- Improve cognitive function
- Improve social interaction
- Lower blood pressure
- Relieve pain
- Increase energy

Drumming is a great activity for

- Older adults
- People with Dementia
- People with Parkinson's Disease
- People with physical disabilities
- People with learning and intellectual disabilities
- People with a mental health diagnosis
- Anyone else who wants to take part!

**Register your
interest now**
to be one of the first fully
qualified Drum Based
Exercise instructors
in the UK!