

with Brain Gym® accredited instructor Nina Maxwell

No More Nerves!

Thursday August 10th

3:00PM - 4:30PM

Banish anxiety! If you feel anxious about an upcoming performance or exam, or about musical performances or tests in general, then this might be the class for you! Approaches include physical and psychological coping methods to help us all deal with our nerves.

Open to all ages (including you adults)

\$25

CALL, TEXT, OR VISIT THE LESSON CENTRE TO INQUIRE OR REGISTER



Long & McQuade

MUSICAL INSTRUMENTS 

l o n g - m c q u a d e . c o m

306.569.3914

1445 McIntyre Street

reginalessons@long-mcquade.com