

EASTMAN PERFORMING ARTS MEDICINE

[Digital] *Care Package*

APRIL 24, 2020 EDITION

Breathing **Mindfully:** [Musical Mindful Moment](#)

Shared by Rosie Obi, Golisano Children's
Hospital Music Therapist. (4 minutes)

Bells of Hope: Images of support and hope set
to music of the bells, all played in our carillon
earlier this year. See and hear the bells ring
[here](#). Shared by UR carillonist Doris Aman.

Calming Music: Eastman School graduate
guitar student Patrick Peralta is a regular
performer in the URMC lobbies and units. He
shares a performance of calming music on the
[EPAM playlist](#).

Coloring pages: NOT just for kids! Enjoy [this
one](#) of goldfish designed by Heather Swenson
and hosted on the Memorial Art Gallery's
[MAG@HOME page](#). What happens if you use
only opposing colors (orange/blue or
purple/yellow), or only 3 colors total, or
worked all the colors of the rainbow from
bottom to top?



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UNIVERSITY OF ROCHESTER