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 carillonneur 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?