



Music

Bulletin 1

I was surfing the internet and found some interesting information on music.

Scientists found 15 amazing benefits of listening to music.

1. Music makes you happier
2. Music enhances running performances
3. Music lowers stress and improves health
4. Music helps you sleep better
5. Music recues depression
6. Music helps you eat less
7. Music elevates your mood while driving
8. Music strengthens learning and memory
9. Music relaxes patients before/after surgery
10. Music reduces pain
11. Music helps Alzheimer's patients remember
12. Music improves recovery in stroke patients
13. Music increases verbal intelligence
14. Music raises IQ and academic performances
15. Music keeps your brain healthy in old age

“Music is powerful. As people listen to it, they can be affected. They re spond” -Ray Charles

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