

Free Lunch & Learn



Mentor Ridge

HEALTH AND REHABILITATION

8151 Norton Parkway; Mentor, OH 44060

Wed. June 26— 12:00-1:00

Drumming—it isn't just for hippies anymore

Bob Sabo from Drumming Dragon will be at the Ridge to share his knowledge of drumming. Enjoy a tasty lunch prepared by our chefs while learning about the various health benefits of drumming. Then participate in a short drum circle session, if you wish, or just listen. No rhythm or musical experience required.

Please RSVP by June 20

440-299-5500

