

I.I.F.

April 2014



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Music & Wellness: Playing For Your Health

By Tom Mulhern

Sometimes things are so obvious, you aren't even aware of them. Take for instance the connection between music-making and your health. It's generally accepted that happier people tend to be healthier, since their positive outlook contributes to their overall well-being. So, what makes people happy? It might be golfing, working in the garden, building furniture, or any number of things. But making music may prove to be one of the best ways to keep yourself happy and healthy. Recent studies indicate that playing music directly produces several positive effects, which can be beneficial in staving off disease, treating (or thwarting) depression, loneliness, and anxiety, slowing the progression of Alzheimer's Disease, and even decelerating the aging process itself.

To read the full article visit http://www.mulhern.com/articles/hobby wellness sb.htm

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April Showers

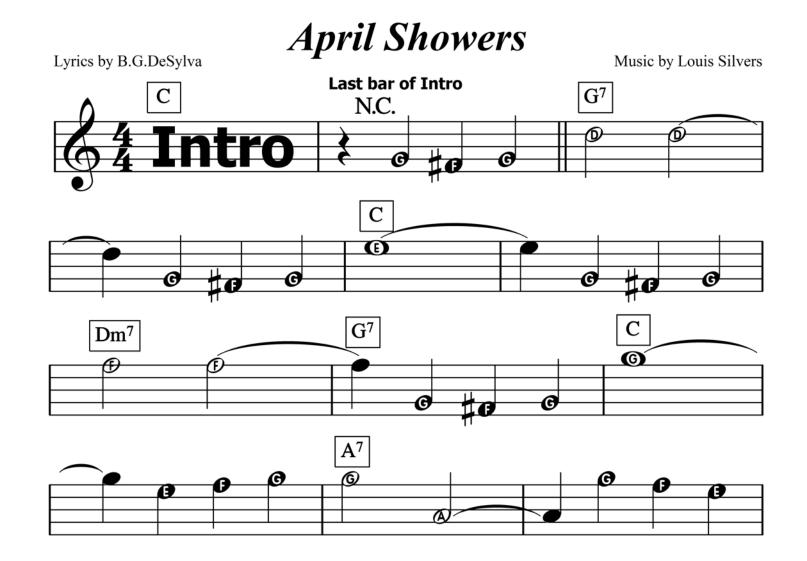
by: Bil Curry

It's April and it's also about time that we printed "April Showers" in the L.I.F.E. newsletter. I never realized that this song was in the Public Domain. Just goes to show what a little research can do for you.

Setup:

- 1. If you have a Lowrey with "Guitarist" styles, select the Guitar Swing style and use Setup (Rhythm Preset) zero. Tempo 92 (+/-) is good.
- 2. Repeat the entire song (from measure two) but switch to the Jazz Guitar style and press the Ending button when finished.

If you don't have these styles, try Harmonicats or even Strings 101 to give the song a lush feeling. In fact, try playing the song with various styles and jot down the ones you really like. So remember, a little rain can't spoil your day, you can always play songs on your Lowrey.





L.I.F.E. Chapter Contact: 630.607.5207 chapterpres@lowrey.com Direct other L.I.F.E. inquiries to Jacqueline Mavros. 708-352-3388 x 230 jacquelinem@lowrey.com



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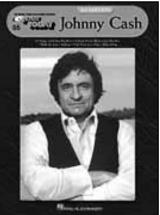
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