

# What is Music Therapy?



**August 6, 2025 at 6 PM**

Music and health has been an increasingly popular topic, but have you ever heard of music therapy? Licensed Professional Music Therapists, Ann Fienup and Mia Krings of Greater Chicago Music Therapy, will delve into the psychological and physiological reasons why music is an effective tool to use specifically with clients with diagnoses of dementia and various other neurological disorders, and how music therapy can best support the needs and strengths of these individuals in the community. Case examples and a demonstration will be featured to further understanding of how music therapy works and enhances quality of life.



This event is generously  
sponsored by Old National Bank

## Event Location

Tinley Park Public Library  
7851 Timber Drive, Tinley Park



## Registration Required

Register by scanning the  
QR code or calling the  
library at 708.845.5719



## Our Speakers

**Mia Krings, MM, LPMT, MT-BC** is the Clinical Supervisor with Greater Chicago Music Therapy Inc. Mia's clinical work focuses on neurodegenerative diseases, such as dementia and Parkinson's disease, in addition to end of life care and other neurologic, vocal, and respiratory functionality.



**Ann Fienup, MA, LPMT, MT-BC** is a licensed professional music therapist with Greater Chicago Music Therapy Inc. Her work experiences range from children and young adults with neurodiversity and intellectual and developmental disabilities to well older adults and adults with dementia and patients receiving hospice services.



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