

Why Music Works: Enhancing Care, Connection and Cognition Through Music Therapy



May 7, 2026 at 12 PM

Come and learn how you can use music to relieve stress and isolation by enhancing your own health and wellbeing! Engaging with music supports brain health, mood, and connection at any age. No musical experience is required.

Music activities can:

- Stimulate the brain
- Encourage movement
- Evoke positive memories
- Promote relaxation
- Support creativity and self-expression
- Foster social connection

Event Location

Homewood Public Library
17917 Dixie Hwy., Homewood



Registration Required

Register by scanning the
QR code or calling the
library at 708.798.0121



Our Speaker

Elizabeth Klinger, MA, LPMT, MT-BC has been a music therapist since 2004 and is currently the Community Connections Director at Prospect Music Therapy in Arlington Heights. Elizabeth holds degrees in Music Therapy from Western Illinois University and St. Mary-of-the-Woods College. She has also received additional designations in end-of-life care & NICU-based music therapy practices. Elizabeth has experience working in a variety of settings, including special education, early intervention, hospital, clinic, senior wellness and memory care environments.



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Pathlights guides people along the
path to aging in South & Southwest
Suburban Cook County.

Call 708.361.0219
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