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Workshops on Wellness

Promoting a Healthier Lifestyle in Waunakee

Sponsored by: Village Center of Waunakee and
Waunakee Lions Club

Physical, Mental and Emotional Health Through Music

Presenters: Kathy Bartling and Jan Tweed

Kathy Bartling has taught elementary music for Waunakee Community Schools for 40 years. She has taught grades K-5 at Heritage and is currently the music teacher at the new Intermediate School where she teaches 5th and 6th grade general music and 6th grade choir. She has been Music Department chair for 20 years. She has also been active statewide with the Wisconsin Music Educators where she is currently General Music Chair. Recently, she has been appointed to the National Council on General Music and represents the Midwestern states.

Jan Tweed has been involved in music in Waunakee since 1969. She taught instrumental and vocal music in the Waunakee Community Schools for 24 years and was department chair for 10 years. In 1985 she founded the Waunakee Community Band—now entering their 32nd year. After retirement from teaching she was a program associate for the Wisconsin School Music Association for 12 years. She has participated in many adult music workshops and conference sessions on state and national conferences.

Presentation Overview

There has been much research in the last 10 years concerning the health benefits of both performing and listening to music. This session will deal with both listener & performer and how it will improve and enhance a person's physical, mental & emotional health. The evidence of this and the many ways this affects people and improves their overall health will be discussed at this session. There will be time to share thoughts and experiences.

Contact Info:

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Recreation Supervisor
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Date: Wednesday, June 14, 2017

Time: 7:00-8:00 pm

Location: Waunakee Village Center

Free Event

