

Drumming FOR JOY

Move your body, clear your mind and find a little joy through beginner-friendly cardio drumming at the Recovery Engagement Center in Columbia City! Just bring yourself wearing comfy workout clothes!

- ✔ No cost to participate
- ✔ All ages welcome
- ✔ No experience needed
- ✔ Healthier mind and body

Thursdays at 9:37 a.m.

Arrive by 9:30 a.m. to get set up



Offered every other week for 6 weeks starting Thursday, May 7