



First Three Webinars

Month	Title	Description	Date	
SEPT 2025 <small>FALL QUARTERLY</small>	SingFit: A Caregiver's Guide to Transforming Health & Wellness Through Music as Medicine	The Science, Music for Speech and Motor Challenges, and SingFit Tutorial	09/16/25 @ 4:00 EST/ 1:00 PST	(3 weeks after launch 8/25/25)
OCT 2025	How to Combat Sundowning and Agitation with Music	Managing Sundowning Through Singing and Music Interventions: Timing and Musical Matching	10/14/25 @ 4:00 EST/ 1:00 PST	(1 month after 1 st webinar)
NOV 2025	Caregiver's Guide to Using Holiday and Classic Songs to Sing Away Stress	Music: Your Best Friend, Stress Reliever & Most Potent Medicine When Caring for Someone with Dementia	11/13/25 @ 4:00 EST/ 1:00 PST	(1 month after 2 nd webinar)



Webinars - Deep Dive

SEPT 2025 - Inaugural

SingFit: A Caregiver's Guide to Transforming Health & Wellness Through Music as Medicine

Duration: 60 minutes
Presentation, Live Demo, and Q & A
Speakers: Andy
Ideal Additional Guest: TBD

Goal: Baseline information on how therapeutic music is beneficial to the health and well-being of caregivers and those they care for. Discussion will differ quarterly, based on input/suggestions from the featured guests.

Welcome & Introduction (5 min)

- Greeting & overview of the webinar
- Introduction of Speaker(s)
- Brief introduction to SingFit's mission & impact

I: Interactive SingFit Experience (6 min)

- Live demonstration of SingFit

II: The Science of Music as Medicine (10 min)

- How music engages the brain, body & emotions
- Research-backed benefits of therapeutic music
- Passive Listening vs Active Music-Making
- The role of rhythm, melody & lyrics in cognitive & physical health
- Touch on music for speech, motor, COPD, etc.

III: Music & Cognitive Wellness (10 min)

- How music supports memory recall & cognitive function
- Music's role in dementia & Alzheimer's care
- Case studies & success stories (SingFit)

IV: Emotional & Social Benefits of Singing (10 min)

- Music as a tool for reducing anxiety & depression
- How singing boosts confidence & connection

V: Tips for Implementing Music at Home & In Care Settings (5 mins)

VI: Q&A + Next Steps (10 min)

- Open floor for questions & discussion
- How to integrate SingFit into older adults & their caregivers' daily routines
- Resources & how to get started with SingFit

VII: Closing Remarks & Call to Action: (3 min)

- Thank attendees for participating
- Encourage continued use of music for wellness
- Share SingFit resources & contact information