



## **Good Uke Medicine with Franchelle**

### **Music Is Medicine:**

#### **Discover the Healing Power of Your Ukulele**

Music has always been a powerful force for lifting the spirit, calming the mind, and bringing people together. In this uplifting and participatory workshop, discover how the humble ukulele can become a joyful instrument of wellbeing. Through simple chords, rhythm, voice, and blues traditions, participants will explore how music has been used across cultures to express emotion, restore energy, and create connection. We'll experiment with rhythm, call-and-response songs, gospel influences, and an easy blues groove to experience how music can shift mood and awaken creativity. No advanced skills required—just bring your ukulele and your voice. Come and discover how a few chords, a shared rhythm, and a room full of players can create powerful musical medicine.

#### **VENUE:-**

Fiordland Event Centre  
20-22 Luxmore Drive ( Upstairs)

#### **TIME:-**

Saturday 1:15-2:45pm