

Arts & Medicine: Check Your Pulse and Find Your Groove

Tuesday, May 6, 2025

In – Person

Choose your Time and Location!

12 pm – 12:50 pm – Atrium Health Wake Forest Baptist Medical Center

or

6 pm – 6:50 pm – UNCSA School of Music

Program Overview

A successful drum circle is an experience where everyone is welcome and leaves feeling empowered. Apprehension is always present at the beginning, and the facilitator's job is to guide the group through the experience so everyone is participating and contributing to the rhythm regardless of how little music experience they may have. Participants will be guided through a hands-on HealthRHYTHMS drum circle by John Beck and analyze what elements of the experience transfer to the healthcare environment.

Who Should Participate

This activity is designed for physicians, nurse practitioners, APPs, nurses, and other healthcare professionals interested in exploring empathy and communication through art.

As part of our commitment to diversity and inclusion, the Northwest AHEC provides compassionate education and respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability and age.

Faculty



John Beck
UNC School of the Arts

Image courtesy of John Beck

John Beck is the Coordinator for Arts & Health Partnerships at the UNC School of the Arts having recently retired after 25 years as the Professor of Percussion. As the principal percussionist of the Winston-Salem Symphony, he received the 2018 League of American Orchestras Ford Musician Award for Excellence in Community Service for his drum facilitation and research with stem cell transplant recipients at the Atrium Health Wake Forest Baptist Medical Center.



Photo courtesy of John Beck

[Register online at www.nwahec.org/75324](http://www.nwahec.org/75324)

Registration

\$30 – Registration Fee

Participants can choose which location they would like to attend.

Registration fee includes instructional, administrative costs, certificate of completion and program materials.

Register and pay online at northwestahec.org. Payment by credit card (Visa, MasterCard, American Express, Discover) is accepted online. Cash, money order, personal check, corporate check or AHWFB internal transfer is accepted in person or by mail.

Objectives

Upon completion of this activity, participants should be able to:

- Improve observation and non-verbal communication.
- Improve collaborative teamwork through entrainment.
- Improve empathy for others with less experience.
- Identify the tempo and meter of music that gives them a sense of calmness and clarity.

Credit

- Accreditation: The Wake Forest University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Wake Forest University School of Medicine designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Before selecting credits, please review our general [Credit Glossary](#) but note not all programs offer all credits.



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