

MUSIC WITH MS. LAURA



FREE

10/17/22
10AM-10:30AM

MUSIC PRODUCES 4 "HAPPY
CHEMICALS" IN THE BRAIN:

- DOPAMINE (REWARD, ANTICIPATION)
- ENDORPHINS (STRESS
REDUCTION)
- OXYTOCIN (TOUCH AND CUDDLE)
- SEROTONIN
(EMOTIONS, IMPORTANCE)