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# **HEALTHY MUSIC PRACTICES: MAINTAINING LONGEVITY IN THE MUSIC EDUCATION PROFESSION**

**DR. BRIDGET SWEET**



**FRIDAY, SEPTEMBER 27**  
**4PM – 6PM**  
**SFA 117**

This session is intended to promote healthy musical and lifestyle habits and choices for all music educators and their own students, as well as provide strategies towards developing healthy music practices. Focus will largely be maintained on general self-care but will also touch on the four target areas identified by the Health Promotion in Schools of Music Conference as crucial for musicians: voice care, hearing conservation, musculoskeletal issues, and psychological issues.