

## HealthRHYTHMS® and Treasure Coast Percussion



Brandon Putzke is a name that's been part of the fabric of Vero Beach and the Treasure Coast since the early 80's. He is a product of the IRC school system and a teacher in Vero Beach for over 20 years. Most recently, Brandon has ventured out on his own and is now the owner/director of Treasure Coast Percussion, spe-

cializing in private and group lessons, school visits and HealthRHYTHMS® – an evidence-based protocol developed by the Remo Drum Corporation that utilizes drums and percussion for health and wellness programs.

We all know that music, and especially drumming, has numerous positive affects on our health and well-being. Brandon is now spreading those affects in our area. Remo, Inc. has over 4000 trained HR facilitators in over 27 countries world-wide. Brandon, however, is the only trained HR facilitator in the Treasure Coast area! HealthRHYTHMS® is a fun, evidence-based whole person strategy which promotes socialization and ensures a healthy non-strenuous workout. On a deeper level it builds bridges while fostering nurturing, support, camaraderie, self-respect and respect for others. It is not really about drumming, but uses the drum as a tool for communication and personal expression.

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HealthRHYTHMS® is a research-based group drumming program which is used in hospitals, assisted living facilities, schools, support groups, community outreach, and more. Research has shown this protocol can help strengthen the immune system, reduce stress and burnout rates, improve mood states, and promote creativity and bonding...and it's just plain fun to drum!

Brandon Putzke has a Bachelor of Science degree in Music Education from the University of South Florida. He is a National Board Certified teacher. He taught elementary music for 15 years at both Sebastian Elementary and Liberty Magnet Elementary and most recently the Associate Band Director at Vero Beach High School (2016-2019). He is endorsed by Remo, Sabian Cymbals and Vic Firth sticks and mallets. He currently plays percussion with local band, Souljam. For more information on Treasure Coast Percussion, or to book your HealthRHYTHMS® drum circle, visit [www.tcpercussion.com](http://www.tcpercussion.com).

