

## JAZZ JAMBALAYA / CALENDAR

25 March 2019

"Girls Night Out"

Rebecca Barry . Lizz Hough

Cheri Salvetti . Cynthia Domulot

22 April 2019

Jazz Appreciation Month

Jazzalea Awards

Location TBA

20 May 2019

24 June 2019

22 July 2019

26 August 2019

23 September 2019

28 October 2019

25 November 2019

16 December 2019

### ADMISSION

\$10 Members

\$15 Guests

\$12

Students | Military  
w/ID

\$10 Snowbirds w/ID

\$1 Door Prize  
Tickets

4<sup>th</sup> Monday  
6:30pm

Mobile Public  
Library

Ben May Main  
Bernheim Hall  
701 Government Street

### JAZZ

### CONNECTIONS

webmaster@mojojazz.org

facebook.com/mojojazz/

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mojojazz.org

### ANNUAL MEMBERSHIP

January 1 – December 31 | \$3 PayPal fee

Individual . \$35 | Family . \$55

Partners . Contact us

### PRESENT CURRENT MOJO MEMBERSHIP CARD FOR DISCOUNT!

Cammie's Old Dutch Ice Cream . 2511 Old Shell Road . Mobile, AL  
251.471.1710

### PARTNERS



### THANKS

Mobile Public Library  
MOJO Board of Directors

# JAZZ JAMBALAYA



Hosea London . Developer

Monday  
18 February 2019

Ben May Main  
Bernheim Hall

Affiliations



MOBILE  
ARTS  
COUNCIL



mojojazz.org  
a 501c3 non-profit

**How Jazz Can Improve Your Health**

Listening to jazz has potential benefits for your health as varied as the genre itself. The innovative riffs, cool tones and complex rhythms can bring natural relief for mind and body.

**MIND**

Listening to jazz can actually have an effect on the type of brain waves you produce – which can be stimulating or relaxing.

**FOCUS AND ENERGY**

Listening to upbeat music can

- Help you focus and raise your heart rate
- Provide motivation and reduce fatigue during a workout
- Target beats per minute (BPM) should match your heart rate during workout
  - Walking -115 to 118 BPM *“Let the Good Times Roll”*
  - Power walking – 137 to 139 BPM *“Don’t Get Around Much Anymore”*
  - Running – 147 to 160 BPM *“Tuxedo Junction”*
- Boost your productivity at work

**STRESS RELIEF**

Listening to relaxing jazz is just as effective at reducing anxiety as a massage.

- ALPHA brain waves (8 to 14 hertz)  
Listening to music around 60 BPM’s can cause the brain to synchronize with the beat, resulting in alpha brainwaves. They make you relaxed but conscious.
- DELTA brain waves (under 4 hertz)  
Listening to calming music in a relaxed position for at least 45 minutes produces delta brainwaves which can induce sleep... better sleep.
- THETA brain waves (4-8 hertz)  
Listening to the distinctive syncopation of some jazz can bring about theta brain waves, the most highly creative brain wave. They inspire new insights and solutions to unresolved problems (“Aha!” moments).

**BETTER SLEEP**

Studies show that just 45 minutes of soft, slow music (60-80 BPM) like jazz, before bedtime results in better and longer nighttime sleep as well as less dysfunction during the day.

- After 1 week, 26% were sleeping better
- After 3 weeks, 35% were sleeping better

**LESS DEPRESSION**

After listening to jazz for an hour every day for a week, listeners had 25% less depression than non-listeners.

**BODY**

Since stress is the root of many health problems, the relaxing effect of jazz can have incredible healing influence. It physically changes your body by lowering your heart and respiratory rate.

**jazz on the coast...**

Thursday, 2.21.19, 7-10 pm **The Mobile Jazz Club** The Blind Mule, N. Claiborne St., Mobile, AL

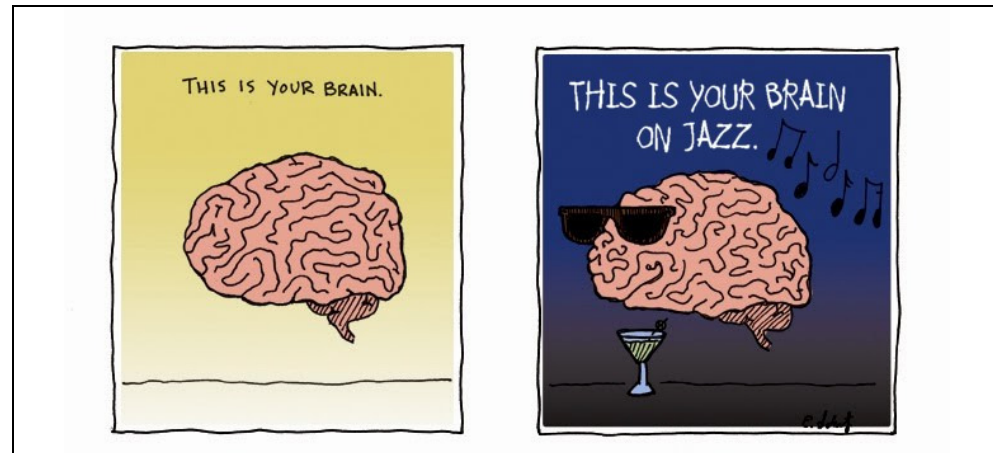


Saturday, 2.23.19, 7-10pm **City Rhythm Big Band** Loxley Civic Center, 4198 Municipal Park Dr., Loxley, AL \$10

Saturday, 2.23.19, 7:30-11:30pm **D Saunders & Dei One** Satchmo's Jazz Cafe, 2515, 10206 Seymour Ave, D'Iberville, MS \$10-\$15

Sunday, 2.24.19, 3-6pm **Dara Factor** Murky Waters BBQ, 1320 27th Ave, Gulfport, MS

Sunday, 2.24.19, 4-7pm **Gulf Coast Jazz Society Jazz Jam Session** Ohr-O'Keefe Museum of Art, 386 Beach Blvd., Biloxi, MS \$10



**february birthdays...**

- Judy Aronson
- Donnie Barnett
- Angie Cerrato
- Aurelia Chestang
- Bobby Dansley
- Rhoda Herzog
- Randy Lee Hines

- Gale Joshua
- Steve Katz
- Janice Moore
- Thomas Thomas
- Angela Underdown
- Justine Ward
- Slim Washington