

## **Harmonicas for Health: A Guide to Breathing Better**

by Mary Jane Gormley and Larry Vesely RRT (Bloomington IN: IU Health Bloomington Hospital, 2009; iv, 41 pp.; \$10.00).

The Harmonicas for Health program at IU Health Bloomington Hospital was started in 2006 by a COPD patient (Gormley) and a serious harmonica-playing respiratory therapist (Vesely). The program's new book was welcomed at the health seminar of the international conference of the Society for the Preservation and Advancement of the Harmonica (SPAH) in Sacramento in August 2009, and it was enthusiastically announced in the Nov./Dec. 2009 issue of the *Pulmonary Paper* (p. 6). An overview was presented at the Great Lakes Regional Conference of the American Music Therapists' Association in Indianapolis in March 2010. The program continues to meet monthly at the hospital and other places around Bloomington. It has been presented to Bloomington programs for stroke rehabilitation, Parkinson's and smoking cessation, and to several hundred respiratory therapists from Indiana and other states.

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