



community service

Cesura:
a step towards
addressing the
personal impact
of family
caregiving

After playing soothing flute and guitar music for Phoenix audiences, professional musicians Laura Strickland and Alex Mack began to notice a pattern - caregivers routinely expressed that they were overly stressed and need more opportunities for relaxation. To begin addressing this need, the musicians created "Cesura", a music-centered, multi-sensory respite experience featuring live flute and guitar music and a relaxing ambiance to promote caregiver well-being, supported by generous donors.

Cesura uses the power the music and other sensory experiences to help promote caregivers' well-being with monthly respite events complete with live music, aromatherapy, candles, dim lighting, soft seating and refreshments.

Cesura is offered at various locations throughout the Phoenix area and partners with organizations serving the aging population and people with disabilities who are interested in providing innovative respite services to their members.

For more information, see www.Cesura.org.

Cesura is an
Unincorporated
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