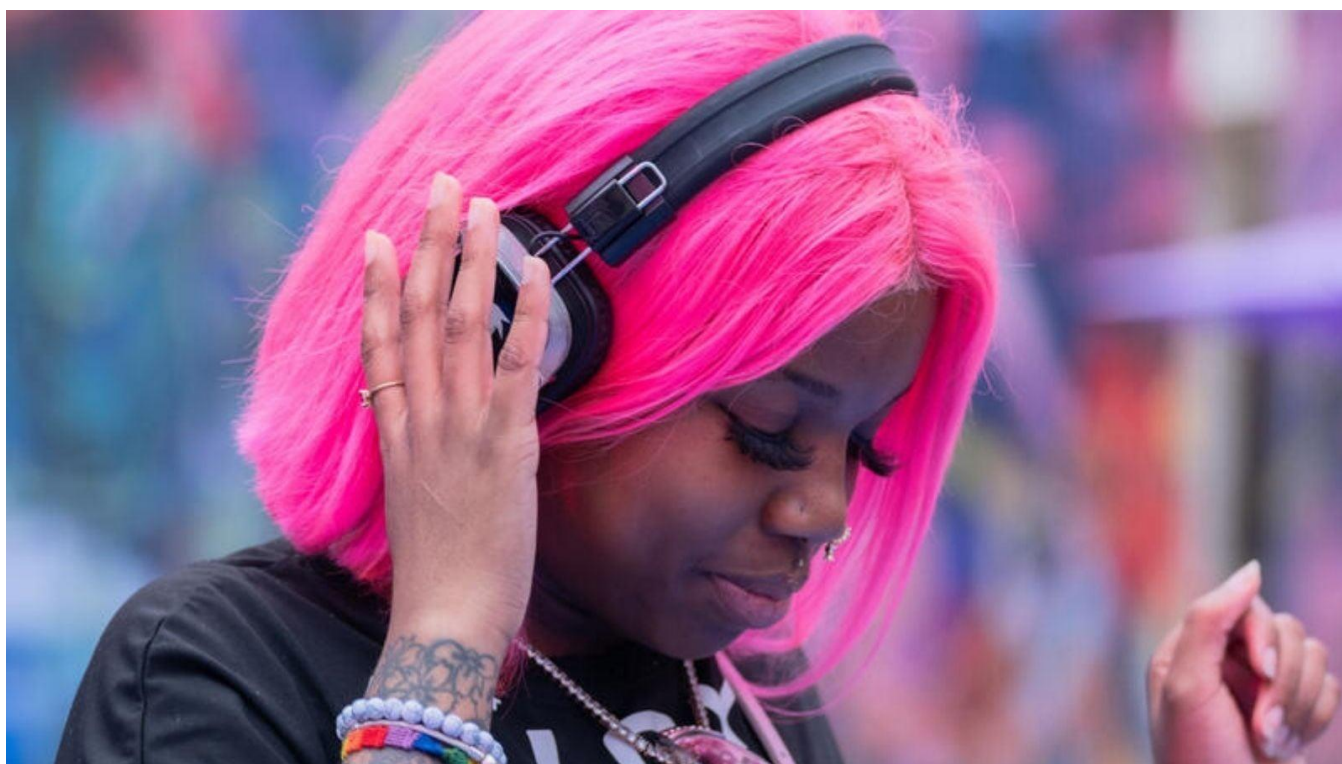

The Art of Wellbeing:
The Music of You
with Dr. Susan Rogers
at Lincoln Center
Relaxed Event Sensory Guide



Event time: Saturday, July 11th at 11am

Where: David Rubenstein Atrium

How long: 2 hours

Recommended age: Appropriate for all ages.

This sensory guide helps you know what to expect when you come to The Music of You at Lincoln Center.

For directions, restrooms, security, seating, and other venue information, please explore our [Plan Your Visit Page](#).

What is this event?

- The Music of You is a participatory workshop.
- Dr. Susan Rogers will teach us how music can trigger memories.
- We will learn why our favorite music says something about who we are.
- You may see a speaker and a DJ.
- You can choose to listen, participate, or take breaks.
- As part of the Art of Wellbeing series, you can pick up a small gift as you leave, but you don't have to.
- There will be a photographer taking pictures during the show.

Basic Sensory Information

Here are some sensory moments you can plan for:



Sound

- Overall sound: varies between quiet and loud. There may be talking and music. There may be loud or surprising music played.



Light & Visuals

- Lighting: well-lit with a slide projection and open captions.



Movement

- Performers may stay onstage. Audience members may stay seated, dance, move around, or walk through the space.



Audience Participation

- Participation is optional. You may be invited to clap or ask questions. It is your choice to participate or to watch.



Emotional or Content Notes

- The event includes themes of joy, adventure, play, excitement, calm, and meditation. There is no sensitive content expected.

Crowd, Space, and Waiting

- The space may feel crowded. There may be a line or waiting period possible. If the space is full, staff may ask you to wait or come back later.

Breaks, Sensory Tools, and Access Services

- You can ask staff where to take a break.
- Sensory tools such as noise-reducing headphones, earplugs, and fidgets may be available.
- A Chill Out Space or break area is available at the west end of the building.
- Access services include: Relaxed Performance and open captions.
- Instant ASL interpretation through Convo Access may be available on Guest Experience Representative lanyards.