COPD Foundation Harmonicas for Health®

Play Along With Us

June 2023 Play Along
What is Harmonicas for Health?

- The first nationwide harmonica program created especially for individuals with COPD and other chronic lung conditions.
- Used in group settings and by individuals at home.
- An engaging way to encourage breathing exercises.
- Something everyone can enjoy.
Benefits

Physical Benefits

- Exercises your breathing muscles, mainly your diaphragm
- Exercises your abdominal muscles
- Helps you maintain good posture – better for breathing

Emotional Benefits

- Relieves stress
- Improves feelings of independence
- Encourages patience and purpose
- Gives us a sense of accomplishment
- Playing harmonica is FUN!
Tips for Getting Started

- Lip balm can make playing harmonica easier
- Keep a washcloth nearby to tap moisture from your instrument between exercises or songs
- Avoid eating right before playing
- Drink water during your harmonica practice
- Remember to put your instrument away DRY
Playing the Harmonica

Reading the Notes

An up arrow ↑ = Blow (exhale). A down arrow ↓ = Draw (inhale).

DRAW-BLOW-DRAW-BLOW

↓ ↑ ↓ ↑

An arrow going down is like air going down into your lungs (inhale=draw). An arrow going up is like air coming out of your lungs (exhale=blow).
There's a yellow rose of Texas

No-body else could miss her no-body else but me

She cried so when I left her it like to broke my heart

And if I ever find her We nev-er more will part

By: Don George
Moon River

By: Henry Mancini and Johnny Mercer