



COPD Foundation Harmonicas for Health®

Play Along With Us

March 2023 Play Along

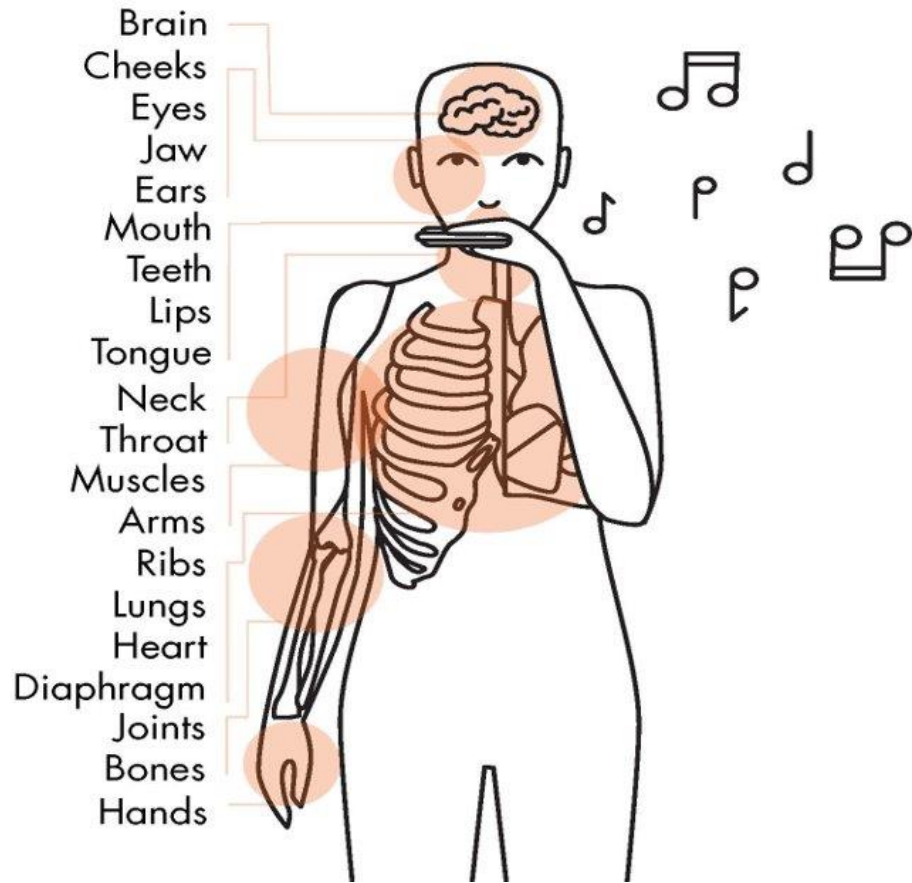
Welcome!

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).*



Love Me Tender

6 7 7 7 8 6 8 7 7 6 7 7
↑ ↑ ↓ ↑ ↓ ↓ ↓ ↑ ↓ ↓ ↓ ↑
Love me ten-der, love me sweet ne-ver let me go

6 7 7 7 8 6 8 7 7 6 7 7
↑ ↑ ↓ ↑ ↓ ↓ ↓ ↑ ↓ ↓ ↓ ↑
You have made my life com-plete and I love you so!

8 8 8 8 8 8 8 8 8 7 8 8
↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↓ ↑ ↓ ↑
Love me ten-der love me true All my dreams ful-fill

8 8 9 8 8 6 8 7 7 6 7 7
↑ ↑ ↓ ↑ ↓ ↓ ↓ ↑ ↓ ↓ ↓ ↑
For my dar-ling, I love you And I al-ways will.

Take Me Home, Country Roads

6 6 6 6 6 6 6 7 8 8 8 8 6 6 6 6 6 7
↑ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↓ ↓ ↑ ↓ ↓ ↓ ↓ ↑ ↓ ↑
Al - most heav - en West Vir - gin - ia Blue Ridge Moun - tains, Shen - an - do - ah Riv - er

6 6 6 6 6 7 7 8 8 8 8 8 8 8 8 6 7 7 8 8
↑ ↑ ↓ ↑ ↓ ↑ ↑ ↑ ↑ ↓ ↓ ↓ ↓ ↑ ↓ ↓ ↑ ↑ ↓ ↑
Life is old there, old - er than the trees. Young - er than the moun - tains blow - ing like a breeze.

7 8 8 8 7 8 8 8 7 8 9 10 10 8 9 8 8 7 8 8
↑ ↓ ↑ ↑ ↑ ↓ ↑ ↓ ↑ ↑ ↑ ↓ ↓ ↑ ↑ ↑ ↑ ↑ ↑ ↓ ↑
Coun - try roads take me home to the place I be - long West Vir - gin - ia, moun - tain ma - ma

8 8 7 7 8 7
↑ ↓ ↑ ↑ ↓ ↑
Take me home, coun - try roads.

Words and music by Bill Danoff, Taffy Nivert, and John Denver



Your Cheatin' Heart

6 7 6 5 6 6 6 5 7 7 8 7 6 6 5 5

↑ ↑ ↓ ↑ ↑ ↓ ↑ ↓ ↑ ↑ ↓ ↓ ↑ ↓ ↓ ↑

Your cheat-in' heart will make you weep. You'll cry and cry and try to sleep.

6 7 6 5 6 6 6 5 7 7 8 7 6 6 3 4

↑ ↑ ↓ ↑ ↑ ↓ ↑ ↓ ↑ ↑ ↓ ↓ ↑ ↓ ↓ ↑

But sleep won't come the whole night through. Your cheatin' heart will tell on you.

7 7 7 7 7 7 7 6 7 7 7 7 6 7 7 7

↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↓ ↓ ↑ ↓

When tears come down like falling rain you'll toss a-round and call my name.

6 7 6 5 6 6 6 5 7 7 8 7 6 6 3 4

↑ ↑ ↓ ↑ ↑ ↓ ↑ ↓ ↑ ↑ ↓ ↓ ↑ ↓ ↓ ↑

You'll walk the floor the way I do. Your cheatin' heart will tell on you.