

# Breathe Musically- Harmonica Rehabilitation and Music Culture for Elderly

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After the COVID epidemic, many recovered patients were affected by sequelae such as asthma or respiratory problems. Harmonica training can help improve their cardiovascular function. At the same time, many elderly people feel lost and spiritually empty after retiring, as they suddenly shift from having work as the center of their lives to having a lot of leisure time, and some even feel disconnected from society and become marginalized. Music can fill this void, and through group harmonica lessons, participants can not only enjoy the pleasure of music, but also establish a social circle of music enthusiasts, creating a new trend of music for the elderly.