



Healthy Heart Beats

**Family Violence
Response Team Hotline**
1-800-636-6738

Youth Crisis Hotline
805-469-5882

www.icfs.org

We know you check your pulse, but what about your playlist? Music effects your mood. Stay emotionally tuned with yourself and those around you. Choose positive vibes. Reverberate them in your relationships. Go ahead . Rock your world with songs that are good for your health. Keep the harmony and preserve the quality of life.



**Speak about it. Sing about it.
Be about it.**

**Nutritious songs that are blast
worthy in any speakers:**



- Lucky**-Jason Mraz & Colbie Caillat
- Miss Independent**- Ne-Yo
- Knock You Down**-Keri Hilson
- Only You Can love Me**-Keith urban
- Spotlight**- Jennifer Hudson
- Let it Go**-Keyshia Cole
- Until the End of Time**-Justin Timberlake
feat. Beyonce
- A Woman's Worth**- Alicia Keys
- Let Your Love Be Strong** - Switchfoot
- What I've Done**- Linkin Park
- I'm Yours**-Jason Mraz
- Apologize**- One Republic
- Beautiful**-Christina Aguilera
- Video**- India. Arie
- Superwoman**-Alicia Keys
- I Won't Let Go**— Rascal Flatts
- Are You Gonna Kiss Me or Not** - Thompson Square
- Honey Bee**-Blake Shelton
- Stereo Heart** - Gym Class Heroes feat. Adam Levine
- Sure Thing**-Miguel
- Just a Kiss** —Lady Antebellum
- I Do** —Colbie Caillat
- God Gave Me You** - Blake Shelton

