



YOU CAN! SING FOR YOUR HEALTH!



Singing not only feels good but can enhance your well-being, reduce your feelings of pain, and may even prolong your life!

It's the season of song - at the mall, in a hospital corridor, at your place of worship, at a holiday concert, or maybe at your door! Singing brings a smile to many and makes us feel good when we are invited to join in.

Studies have found that singing may enhance the immune system, reduce stress, and decrease blood pressure.

Chorale group members report that they breathe easier (have better lung capacity), have better posture, and feel better, not only while singing, but in their daily life. In addition to the sociability these groups provide, members also report that they have:

- Fewer doctor visits
- Fewer eyesight problems
- Less incidence of depression
- Less need for medication
- Fewer falls and other injuries.

"Singing for the Brain" sessions are being used with Alzheimer's and Parkinson's patients with great success, as the music helps them unlock their voices and access words that may have been lost.

So join a chorus, sing along when you are asked to, sing along with the radio and television, and if shy - sing in the shower!

For more information please contact:

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