

## COME AND SING!

Parkinson's ACT together with Canberra musician/choir director Chrissie Shaw are pleased to announce the formation of a new choir for people in the ACT living with Parkinson's.

In Australia and overseas, choirs for PLWP are having great success in helping people deal with voice, breathing and swallowing problems, as well as providing a relaxing and enjoyable activity.

We would like to invite you to come and join the new ACT choir, have fun singing together and enjoy the benefits singing can offer to everyone. They say laughter is the best medicine, but singing is just as good!

Singing out loud is not only fun, it is also beneficial for people with Parkinson's as it exercises the lungs and abdominal muscles. Singing gives us a heightened feeling of well-being and can provide a range of health and holistic benefits, including:

- regulating breathing
- strengthening the voice – volume and projection
- building up the vocal chords
- improving mood
- enhancing confidence
- aiding concentration
- and helping swallowing.



"Oh, but I can't sing!!!" How many people are told by a teacher, by family members or thoughtless friends that they "can't sing"? Who has been told: "just mime the words", "keep it to the shower", "put a sock in it"!

Don't let this lie stop you from trying, from having fun and from setting your voice free! No-one is there to judge; we are encouraging everyone to give it a go, and you could be surprised just how much you can gain from letting your voice grow strong!

**IF YOU CAN TALK, YOU CAN SING!**

**IF YOU HAVE LOST SPEECH, SINGING CAN BE THE KEY TO UNLOCK YOUR VOICE!**

The focus of this choir is not necessarily on performance but this is an option if people decide they'd like to perform for family and friends down the track!

If you are interested to give it a try, contact Chrissie Shaw and leave your name, phone number and email address. Chrissie will reply with more details!

WHERE: Ainslie Arts Centre Elouera Street Braddon ACT  
WHEN: Monday mornings between 10am and 12 noon starting Monday April 1st  
COST: \$10 per session  
CONTACT: Chrissie Shaw: mobile 0407 079 748 or email: [chrissieshaw@apex.net.au](mailto:chrissieshaw@apex.net.au)

ABOUT CHRISSIE SHAW: Chrissie has conducted choirs in Canberra since 1993 including Cyrenes, Calculating Women (ABS), Canberra Hospital Choir, Heart and Soul Singers, and the Belconnen Ignite Singing Group.