

*You're invited!*

# Intergenerational Community Choir Workshop

*Singing for wellbeing through intergenerational singing*

**What is the Intergenerational Choir?** The Intergenerational Choir is a new initiative presented by The Singing Network, open to all older adults, particularly those who, due to health conditions, may no longer be able to sing in local choirs or who may never have had the opportunity to sing in a choir. There is no need to be able to read music to join the choir. All singers are welcome!

## **What are the benefits of singing?**

There is increasing research documenting the benefits of singing – in terms of educational development, mental, physical and social wellbeing. Through singing, individuals can: learn about self through singing; become actively involved in aesthetic engagement and agency; focus on physical aspects, such as breathing techniques and increasing muscle tone; facilitate memory association; improve communication and social interaction; and increase their sense of wellbeing through participation in a group activity that can help alleviate feelings of social isolation that often accompanies individuals with chronic or degenerative diseases.

**Want to learn more?** Join us for a workshop with Dr Carol Beynon and Renee White featuring a presentation of Dr Beynon's work on learning with the Alzheimer's Choir in London, Ontario, followed by a discussion with Renee White about the benefits of music therapy, particularly neurological music therapy in relation to singing. The workshop will also include some singing - no experience necessary.

**3:00 p.m.- 5:00 p.m. - Sunday, October 4, 2015**

**School of Music - Suncor Hall, Memorial University**

*Free admission*

**Presenters: Dr Carol Beynon, Renee White M.T.A.  
Facilitators: Dr Jane Gosine, Dr Jakub Martinec**



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