

In addition to having more stamina and energy, **SongShine** participants experience improved vocal tone, range, diction, and articulation. With increased confidence in their vocal abilities, participants enhance their social connections and community participation.

Music has an amazing effect on the human brain. **SongShine** taps into the power of music for the purpose of gaining vocal strength!

**“Gaining Vocal Strength...  
Through The Power of Music”**



SongShine is generously sponsored  
by these organizations:



THE UNITED CHURCH OF CANADA  
**FOUNDATION**



*empowering generations to give.*

Please join us for our weekly **SongShine**

**In Person or on Zoom**

**Where:**

**Central Okanagan United  
Church  
721 Bernard Ave  
Kelowna, BC V1Y 8L6**

**When:**

**Mondays from 1:00pm – 2:00pm**



**Sylvia Clerke**

(250) 763-2969

(250) 869-9323

(mobile)

**Kelowna SongShine  
Certified Instructor**

**Call the Church Office at**

**250-762-3311**

**for details and the Zoom link**



**Strengthening Voices**

**Lifting Spirits**

**Touching Hearts**

**Releasing Memories**

**Creating Community**



**SongShineforParkinsons.org**



## What the Research Says:

- Brain research studies have concluded the brain has a lifelong ability to adapt to trauma or disease and make new connections.
- Speech originates in the left hemisphere of the brain; music is distributed throughout both sides of the brain
- Our speech can become impaired by disease, trauma or aging resulting in diminished or lost voice.

## SongShine Methods

**SongShine** uses vocal techniques and music to forge new pathways in the brain; the voice mechanism is strengthened and the recovery process begins.

In addition to facial and breathing exercises, participants sing popular songs that reinforce vocal techniques they are learning and add enjoyment to the class.

**SongShine**, a vocal therapy program for persons with Parkinson's, stroke, other neurological disorders, or aging voices, is designed to strengthen the speaking voice through the use of breathing exercises and singing exercises called vocalizes (pronounced vocal ease).

