



**Gaining Vocal Strength
Through the Power of Music**

Mission

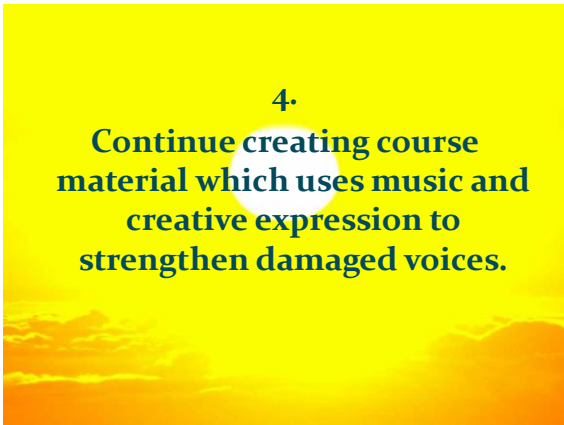
1.

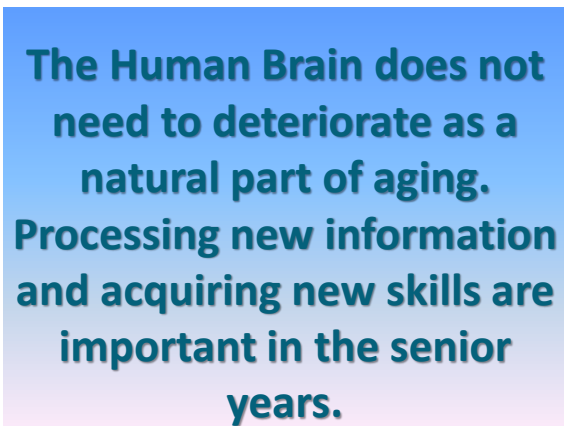
**To provide music-based
voice strengthening classes for
those whose speech has been
compromised
by Parkinson's, stroke, other
neurological disorders, or aging.**

2.

**Present workshops to introduce
the SongShine method.**







Singing, playing an instrument, rhythmic movement, dancing, playing a role, reading lyrics or poetry, and using the imagination stimulates many areas of the **brain**.

Music can trigger a process called neural plasticity or neuroplasticity.



Neuroplasticity is the **lifelong** ability of the brain to **reorganize neural pathways** based on new experiences. As we learn we acquire new knowledge and skills through instruction or experience.

In order to learn or memorize a fact or skill, there must be *persistent* functional changes in the brain that represent the new knowledge.

SongShine uses a variety of methods to help *rewire* and stimulate the brain.

**Body Awareness
Alignment**













Our work is carried out in a
nurturing, caring, non-
judgmental atmosphere...where
students find dignity and worth.



Strengthening Voices
Lifting Spirits
Touching Hearts
Releasing Memories
Creating Community

The Heroes
and Over
Comers





**Gaining Vocal Strength
Through the Power of
Music
and Creative Expression**



SongshineforParkinsons.org

FB-SongShineEvansville



New Evansville Class begins:

Tuesday, Sept. 16, 2014

**Meets weekly from 1:30 pm to 2:30 pm*

**Aldersgate UMC, 5130 Lincoln Ave, Evansville, IN*



Questions?
