



3 WEEK VOICE COURSE

Are you interested in learning more about your voice difficulties? Our Communicative Disorders Assistant will teach you all about your voice:

Week 1: **Setting the Stage for Good Voice**

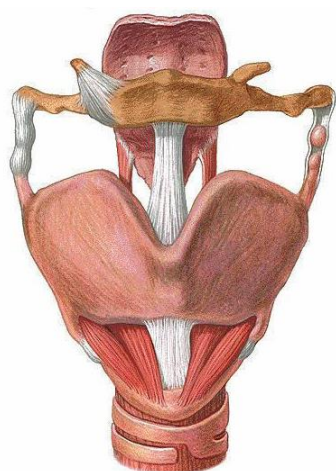
- Voice Anatomy – How Voice is Produced
- What Causes Voice Problems
- Lifestyle, Stress & Environmental Factors

Week 2: **Vocal Technique***

- Removing Muscle Tension
- Proper Breathing

Week 3: **Reflux and Pulling It All Together**

- Reflux Education and Tips
- Putting Together Your Own Plan



The course runs on November 11, 18, and 25 (all Wednesdays) from 7:00pm-8:00pm.

Cost: \$150.00 (incl. HST)

**All of the techniques that will be discussed are beneficial for anyone to do and safe to perform outside of a clinical setting. Individualized assessment and treatment to target specific goals is not within the scope of this course.*

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