

# Sing Your Way to a Healthy Mind & Body



Ladies, are you looking to improve your health in 2009? We could have just what the doctor ordered! SINGING! Yes, it's really good for you! Research now shows that vocalizing on a regular basis can help to develop upper body muscle groups, improve the efficiency of your cardiovascular system, reduce stress and lead to increased energy and alertness. And best of all, IT'S FUN!

If you're a woman in your prime who loves to sing and is looking for a wonderful way to make music and friends, may we suggest a visit to the L.A. South Towns Show Chorus. We are an enthusiastic and lively group of around 60 women who enjoy singing four-part harmony in the a cappella style. We produce an annual show and perform throughout the year in and around the South Bay area. We meet in Torrance on

Monday evenings and, thanks to our talented and entertaining Musical Director, Caroline McLean, our rehearsals are designed to develop our vocal skills while bringing out the performer in all of us. Our musical menu includes traditional favorites, nostalgic show tunes, and classics from the great American songbook. Our modest collective goal is to "Harmonize the World!"

Guests are always welcome at our Monday night rehearsals. The ability to read music is a plus, but is not a requirement. If you are a woman who loves to sing, we'd love to meet you! For further information, please call Janie at (562) 431-1565.



- ❁ SINGING IMPROVES BREATHING, DEVELOPS CORE MUSCLES, EXERCISES THE BRAIN (MEMORY, CONCENTRATION, LINKING LEFT AND RIGHT BRAIN FUNCTION), ENGAGES THE EMOTIONS AND ENCOURAGES A FEELING OF BELONGING.
- ❁ SINGERS REPORT BENEFITS IN ALL THESE AREAS, BUT EVEN MORE, THEY REPORT A HUGE IMPROVEMENT IN THEIR OVERALL MOOD.
- ❁ STUDIES HAVE LINKED SINGING WITH LOWER HEART RATE DECREASED BLOOD PRESSURE, AND REDUCED STRESS!