



Minnesota JCC
Capp Center St. Paul

Did you know that people with dementia CAN learn new music, CAN make new friends, and CAN experience joy and community?

The benefits of choral singing

Health benefits

- Singing is aerobic
- Improves posture
- Helps to improve sleep
- Stimulates brain activity and cognitive function

Social benefits

- Choral singing is a social activity
- Improves mood
- Lowers stress
- Shared achievement through performances

Benefits of choral singing for people living with Alzheimer's

- Welcoming, non-threatening, dementia-inclusive environment
- Trained, dementia-friendly artistic team and volunteers
- Opportunity to share a positive experience with a friend or family member in a supportive community

Giving Voice Initiative is an award-winning nonprofit empowering people with Alzheimer's to change the conversation around dementia through choral singing. For more information or to register, call 612.440.9660 or visit www.givingvoicechorus.org.

