

MusiCares Healthy Essentials:

musicares.com

In celebration of World Voice Day 2014 MusiCares is proud to present a FREE one-of-a-kind workshop for voice professionals

“Singers and Athletes Connect!”

For Vocal Health & Wellness, Performance Enhancement, and Prevention of Overuse Injury

Featuring:

Veera Asher, D.M.A., Strength and Conditioning Specialist

Pilates2Voice[®] : Strength & Conditioning

The Voice-Core Connection™

WEDNESDAY, APRIL 16, 2014

7pm – 9pm

The Recording Academy

3030 Olympic Boulevard

Santa Monica, CA 90404

(310) 392-3777

The event will focus on the importance of building your very own integrated “TEAM” of experts in order to maximize your vocal performance. Additional presentations to include:

Vocal Health and the Role of the Laryngologist

With Lindsay Reder, M.D., University of Southern California

Department of Otolaryngology – Head and Neck Surgery

©Disney’s Four Steps to Wellness

With Julie Kirchen, Wellness Program Manager, Walt Disney Parks and Resorts

Introduction of the “Athletes and the Arts” Initiative

With Veera Asher, D.M.A., Strength and Conditioning Specialist

Dress casual, or in comfy exercise gear, because individual testing stations will be available for attendees to assess posture, balance, respiratory function, agility, voice production and more!

Check out this [article](#) for a sneak peak!

Space is limited. Please RSVP online:

<http://musicaresvocalhealth2014.eventbrite.com>

or by calling:

800.687.4227

**FREE VALIDATED PARKING!
GUESTS WELCOME!**

West: 3030 Olympic Blvd., Santa Monica, CA 90404 • 800.687.4227

South: 1904 Wedgewood Ave., Nashville, TN 37212 • 877.626.2748

East: 11 West 42nd St., 27th Floor, New York, NY 10036 • 877.303.6962

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