



# World Voice Day Celebration 2010

## Saturday, April 10

Noon–5:00 PM

Renaissance Raleigh Hotel at North Hills  
4100 Main at North Hills Street, Raleigh

Join us in our annual celebration of World Voice Day, a day for everyone—young and old, singers and non-singers—to become aware of the importance of vocal health and to take action in learning and maintaining good voice habits.

## Schedule of Events

**Noon–12:30 PM** Registration

**12:30–4:00 PM** Classes and workshops presented by Duke experts (Descriptions and schedule below)  
Q&A sessions  
Demonstrations of laryngeal imaging and acoustic voice analysis

**4:00–5:00 PM** Panel discussion hosted by WRAL anchor/reporter David Crabtree and performance by jazz vocalist Nnenna Freelon

**Throughout the day** Voice health fair with booths from vendors and the Duke Allergy, Asthma, and Airway Center, Duke Integrative Medicine, and Duke Pulmonary Medicine

## Classes and Workshops

<b>12:30–1:00 PM</b>	<b>Voice 101</b> <i>All participants are encouraged to attend this introductory session prior to attending afternoon workshops</i> The basics of vocal anatomy and physiology, typical voice injuries, and how to prevent voice problems.		
	<b>Choose from the following workshops</b>		
<b>1:15–2:00 PM</b>	<b>Medical Voice Problems and the Golden Voice</b> Medical conditions and their effects on the voice. Conditions discussed will include allergies, asthma, gastroesophageal reflux, autoimmune diseases, cancer, and conditions ranging from heart and lung to neurologic and rheumatologic.	<b>Care of the Singing Voice/Q&amp;A</b> The special needs of vocal performers—singers, music educators, worship leaders, actors, broadcasters, voice-over artists—and tips to keep your voice healthy for a lifetime.	<b>Introduction to Voice Enhancement</b> Relaxation and stretching techniques to decrease muscle tension, basic abdominal/diaphragmatic breath support technique, vocal resonance and projection, and stretching and strengthening voice exercises.
<b>2:15–3:00 PM</b>	<b>Ask the Experts</b> Panel discussion and Q&A on medical voice topics, with experts from the fields of laryngology, speech pathology, pulmonology, allergy and asthma medicine, internal medicine, and more.	<b>Occupational Voice Care/Q&amp;A</b> Tips for people with vocally demanding careers—including teachers, clergy, attorneys, and salespeople.	<b>Introduction to Voice Enhancement</b> Encore presentation (content for this workshop will be the same as the 1:15 PM workshop)

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Register today by calling **1-888-ASK-DUKE**. Free admission. Refreshments provided. Space is limited.