



# Your Voice is Essential

Duke Voice Care Center presents Virtual World Voice Day 2021

APR  
28

Wednesday, April 28, 2021

7:00 p.m. – 8:30 p.m.

Your voice has always been essential, but now it's more precious than ever.

You've been socially distanced, but not vocally distanced. Constant virtual meetings, talking through face masks, staying home with kids, and feeling overwhelmed can all affect your voice.

Join Duke Voice Care Center for a live webinar to learn how to keep your voice working – for YOU.

## Topics covered:

- Why your voice is essential
- How the voice works
- Healthy voice use during the COVID-19 pandemic
- Tips to maximize your voice during video meetings
- Exercises to strengthen and maintain your voice
- Special tips for singers and other vocal performers

For questions or more information, please email [karen.stark@duke.edu](mailto:karen.stark@duke.edu)

Register online  
for webinar:  
[DukeHealth.org/  
WorldVoiceDay](https://DukeHealth.org/WorldVoiceDay)



**Duke Voice Care**