



Come Sing With Us!



→ Why You'll Love It ←

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|--|---|
| <input checked="" type="checkbox"/> Variety of music | <input checked="" type="checkbox"/> Provides endless joy |
| <input checked="" type="checkbox"/> Make beautiful harmony | <input checked="" type="checkbox"/> Reduces stress & depression |
| <input checked="" type="checkbox"/> Sharing music with the community | <input checked="" type="checkbox"/> Increases singing abilities |
| <input checked="" type="checkbox"/> Lets you express yourself & boosts your confidence | <input checked="" type="checkbox"/> Learn new skills & build musicality you can take to your church choir or other musical programs |
| <input checked="" type="checkbox"/> Great for mind & body | |

Who Are We?

Highland Harmony Community Chorus is a program created through the Appalachian Society of the Arts in 2023. Directed by Jessica Rash with accompanist Tamia Bible, the choir is open to area adults and teens (14 and up) who want to sing together in a large group. All are welcome!

What's Involved?

- ★ Rehearsals are on the 2nd and 4th Thursday of each month, 7:00-8:30pm at Scott Christian Care Center, Oneida, TN.
- ★ First rehearsal/kickoff is Thursday, August 28, 7:00-8:30pm
- ★ Annual dues for membership are \$40/year for music and supplies. (Scholarships available based on need.)

For more information or to sign up, visit
appalachiansocietyofthearts.com/highland-harmony
or email: highlandharmonychorus@gmail.com

Why Should I Join a Community Choir?

PHYSICAL BENEFITS

Good for increasing lung capacity, improve your breathing,
improves your posture, and lowers blood pressure

Makes you feel better

Helps you destress and relax

Enhanced brain functions, releases endorphins

Help with pain relief

Boosts your immune system

EMOTIONAL & SOCIAL BENEFITS

Strengthens feelings of togetherness by building a sense of community

Singing boosts your confidence

Reduces stress and depression

Helps regulate your mood

MENTAL BENEFITS

Helps you improve memory

Increase your listening skills

Spatial Reasoning

Improves alertness

Activates & synchronizes a majority of brain networks including
auditory, motor, emotional while keeping these networks strong

ARTISTIC BENEFITS

Learn new musical skills you can share with your church & community

Develop a deeper appreciation for music

Self Expression

Deepens your understanding of the world around you

Further creativity

Singing improves your overall well being.

And most of all, Singing is for everyone!