

GREAT NEWS FOR PEOPLE
LIVING WITH PARKINSON'S
& THEIR CARE PARTNERS.



Tremble Clefs®

Find Harmony. Join the chorus.

Tremble Clefs® San Diego is a fun and therapeutic chorus for people living with Parkinson's and their caregiving partners and is generously supported by a community grant from the Parkinson's Foundation. Under the guidance of a professional choral director, we sing popular songs along with active movement that provide singers with benefits that may relieve common symptoms of the disease.

- Improve vocal strength and enunciation
- Improved swallowing
- Socialization and community
- Free 2-hour weekly sessions with snacks
- No singing experience required

We are a community of people living with Parkinson's and a commitment to the healing power of singing made possible by the compassion we share for each other.



"WE LOVE SINGING TOGETHER."
KATHY A. & MARILYN J., Members since 2017
Tremble Clefs San Diego Chorus



Learn more about us and "Fighting Parkinson's One Song at a Time" at www.trembleclefs.com or call (619) 363-0814.



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