

GOOD NEWS FOR PEOPLE  
LIVING WITH PARKINSON'S



# Be a Loud Mouth. 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.

- Improved 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.



MY JOKE TELLING GOT LOUDER.  
PEOPLE STILL GROAN!"

SAMMY K., Member since 2014  
Tremble Clefs San Diego Chorus



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



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