

THE BENEFITS OF CHORAL SINGING



Boosts Math Skills

There is a causal link between enhanced spatial-temporal skills and music



Increases Happiness

Studies suggest group singing boosts levels of the "love hormone"

oxytocin

AND like laughter and chocolate, causes the body to release endorphins

Improves Health

Singing is an aerobic exercise that increases oxygen in the blood stream and

exercises upper body muscles

Friends Forever



Choral singing strengthens

feelings of togetherness

Choristers have reported that singing in a choir feels like a more meaningful social group than reports given from team sports players



Emmanuel's choir season begins Wed. Sept 11 from 7-9pm!

Questions? Email gwtarasuk@gmail.com or call George at 312/835-2526.