



Tremble Clefs™

Be Vibrant.

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 flexibility
- 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 with a commitment to the healing power of singing made possible by the compassion we share for each other.



Contact us at (619) 363-0814 or trembleclefsinfo@gmail.com to find a local chorus near you.

Fighting Parkinson's One Song at a Time. Learn more about us at www.trembleclefs.com. Follow us on Facebook and Instagram.



This program is supported by a community grant from the Parkinson's Foundation and by Parkinson's Association of San Diego and North County Parkinson's Support Group. Tremble Clefs San Diego is a 501(c)(3) non-profit organization. The Tremble Clefs name and symbol are registered trademarks of Tremble Clefs San Diego. ©2019 Tremble Clefs San Diego. (TC19-EB01)