



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](mailto: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](http://www.trembleclefs.com). Follow us on Facebook and Instagram.



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