

*Make the Choice**To Cherish Your Voice!*

# World Voice Day: April 16, 2018

Sponsored by:

Communication Disorders and Sciences Program  
Rehabilitation Institute

## Activities on April 17, 2018:

- Informational Booth in Morris Library 10:00AM-2:00PM
- Ted Talk at 12:00PM in Guyon Auditorium

## What is it?

A worldwide event that takes place on April 16<sup>th</sup> and celebrates the phenomenon of voice!

## Why is it important?

We often take our voices, and the ability to communicate, for granted. By acknowledging the importance of voice and vocal hygiene, we can better take care of our own voices.

## What can I do to help my own voice?

- DO NOT SMOKE!
- When you lose your voice, try and talk softly. Whispering can further irritate the vocal folds.
- Stay hydrated.
- Excessive throat clearing and coughing can also damage the vocal cords.
- Limit caffeine intake.
- Consider limiting alcohol intake.