WHAT IS IT?
A worldwide event that celebrates the phenomenon of voice!

WHY IS IT IMPORTANT?
We often take our voices, and the ability to communication, 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 to talk softly as whispering can further irritate the vocal folds.
- Stay hydrated.
- Excessive throat clearing and coughing can damage the vocal folds.
- Limit caffeine intake.
- Limit alcohol intake.