

Ballantrae Choir

Whether amateurs or professional, young or old, people all across Canada are coming together to sing — and science suggests it's doing them even more good than you might first suspect.

We'd like to share with you some quotes from an article in the paper this past summer. The article was entitled, ***"Sing, Sing, It's a Wonderful Thing"*** by Neil Pasricha. Neil quotes a study published in the *Evolution of Human Behaviour* which found that choral singing:

- o Calms the heart
- o Boosts endorphin levels
- o Improves lung function
- o Expands pain thresholds, thus decreasing reliance on pain meds
- o Elicits feelings of inclusion, connectivity and positivity
- o Fosters social closeness in a group

Now who wouldn't want to belong to a group that can do all of these positive things for us?

The Ballantrae Community Choir is always open to accepting new members. So if you have a neighbour or a friend who would like to join, bring this person along on the first Tuesday in September, when we'll begin preparations for our annual Christmas Concert in December.

Check the Events Calendar <https://www.hotg.ca/events/> in August for details. We're looking forward to singing with you!

