



*Kathryn Staley-Hamm*

*Author ♪ Singer ♪ Teacher*

Mike's Music  
Fond du Lac (920) 923-1925

American Music Hub  
Appleton (920) 720-5110

Website: [www.purevoice.us](http://www.purevoice.us)  
Email: [purevoice@charter.net](mailto:purevoice@charter.net)

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## Why Singing Helps...

1. Singing requires total concentration, which gives the brain a rest from worry and anxiety. We feel refreshed and invigorated just from switching off those thoughts for a couple of hours. Music helps the time to pass quicker and makes work seem less of a chore.
2. Singing requires sustained deep breathing, much different from shallow stress breathing that we do in normal life. This increases the oxygen levels in the blood and generally makes us feel less lethargic.
3. Singing with others in a group as a shared endeavor creates deep bonds between people and turns our focus outward.
4. We get a great sense of achievement whether we are experienced singers or a complete beginner.

*"I believe music is a gift to be shared. As musicians, we are twice blessed, by the opportunity to use our talents, and bring joy to others."*

*KATHRYN STALEY-HAMM*

## Why Sign Up?

1. Learn in a friendly relaxed group environment.
2. Learning the basic technique of singing will help you expand your level of talent.
3. Developing your voice will give you confidence to explore and expand into other areas.
  - Community Chorus
  - Theatre Groups
  - Karaoke
4. Singing can be an opportunity to share your gift with others.
  - Special Church Groups
  - Hospice
  - Special Events

*Sharing is important on all levels...*

*As a young voice student my mother would take me to my great Aunt Ruth's house. Although she was very hard of hearing, she loved music. I would sit beside her and sing hymns softly into her ear. She always called me her 'singing angel' and considered our music time a great blessing.*

Never underestimate the importance of your gift.  
Be a 'singing angel' to someone!