Singing for healthy living

Jane Thompson, James Rigby, Musicians

Jane and James will present a discussion of the beneficial effects of singing on health, both for the individual and the community, drawing on their own experience of working with singing in a variety of settings, and also on the collected research and breadth of work of Community Music Victoria.

Presenters

Jane Thompson and James Rigby are full-time musicians from Maldon, who have a passion for singing, and a desire to bring the experience of group singing to people of all ages. Singing uplifts the spirit, and its beneficial effects on the health of individuals and communities alike, are becoming increasingly well recognised. They believe in the power of song to communicate and reflect issues of our time. They are skilled and experienced performers, teachers, and choir leaders, and have a wealth of songs to share, from the sublime to the ridiculous, and an infectious enthusiasm in teaching them to others.