



Unlock Your Voice!

Releasing Jaw and Throat Tension to Enhance Voice Production

Everybody experiences some tension in their jaw and throat from time-to-time. This can interfere with voice production, making it sore or difficult to talk. For people who rely on their voice for their jobs, this can be especially problematic.

Trinity College Dublin is delighted to welcome you to this **free** event that is about how to self-manage jaw and throat tension. A panel of experts from both healthcare and the performing arts will provide practical advice and knowledge about techniques you can use to free your voice.

This event is suitable for anyone to attend, but may be of special interest to:

Healthcare workers

Performance artists

People with jaw or temporomandibular disorders (TMDs)

Event Details

Venue	JM Synge Theatre, Arts Block, Trinity College Dublin
Date	Tuesday, April 18 th 2023
Time	2pm-5pm
Cost	Free

Register

<https://forms.office.com/e/1HcPEsfbQG>

