

Join us at OMVC. Here's 12 reasons to consider ...

- 1. Improved health.** Socialising through choral singing has been shown to be good for men's health. (Brown, Anthony. Men's Health Information Research Centre. UWS)
- 2. Feel relaxed.** Choral singing can reduce stress and benefit emotional states. (Clift et al., 2007. International Symposium on Performance Science)
- 3. Improved mind and body.** Singing aids both cognitive functioning and the immune system.
- 4. Get connected.** Choir membership connects you to others in satisfying and enriching ways – within the teamwork of the choir and to the community.
- 5. Be a giver.** Adults who sing in choirs tend to be remarkably good citizens. See:

<http://www.marinchorus.org/chorusamerica.htm>
- 6. Enjoy fellowship.** A stimulating and sociable evening in excellent company every week.
- 7. Travel with friends.** Share in the enjoyment of local, regional and international travel.
- 8. Achieve something of value.** Experience the satisfaction of creating something of real worth for yourself and others.
- 9. Be a part of history.** You'll be helping to maintain a great tradition; over 90 years of male voice singing in our city.

- 10. Be rewarded, be excited.** Singing with friends is truly rewarding. Singing for a concert audience is exhilarating!
- 11. Join the family.** Male choirs are found the world over and are a great fraternity.
- 12. Enrich life's quality.** There's everything to gain and nothing to lose. Give it a go!

... and best of all, you DON'T need to be a great singer ...