“Connect with Your Voice”

Every year The Nairobi Hospital joins the rest of the World to celebrate World Voice day marked on April 16th.

The 2013 World Voice Day theme was “Connect with Your Voice” to remind people that the voice is very essential for a number of basic uses in our lives.

This year The Nairobi Hospital marked the day with musicians from East Africa and beyond at the April edition of the Blankets and Wines festival in Nairobi. Blankets & Wines is an afro-based picnic styled music event held every first Sunday of the month and designed to showcase genres of afro centric music.

The Nairobi Hospital partnered with organizers of the event held at Carnivore Grounds, to reach out and offer free voice tips to the artists who use their voices professionally.

Speech and Language Therapist Mrs. Elisabeth Kruger enlightened musicians who visited The Nairobi Hospital tent on various voice disorders and general vocal health. She demonstrated to them different ways of relaxing their voices and preparation before voice use.

The voice clinic was beneficial and informative to the audience as they were able to understand the importance of voice, how to tell when things go wrong and some of the preventive measures to take in keeping ones voice intact.

Blankets and wines festival started in 2008 and attracts musicians from East Africa and beyond. The event has grown steadily to become one of the most popular music events as it not only enable artists to share their skills and art in a relaxed and receptive atmosphere but also provide numbers for key lifestyle brands.

The event therefore presented a good forum to market Nairobi Hospitals' products and services to the mobile upward clientele.

GENERAL VOICE TIPS

- Use diaphragmatic breathing when talking. Allow time to breathe when talking.
- Learn how to project your voice safely without straining.
- Your voice is precious; know when to rest your voice.
- Always warm up your voice before a performance presentation or teaching session.

For more information on Speech & Language, Hearing and Voice Therapy: Kindly contact Physical Medicine Centre on 254(2)284500, 2845621/5

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