

# Singing Through Change

Women's Voices in Midlife, Menopause, and Beyond

## Keynotes and Workshops

Filling a gap in our knowledge that impacts 1/2 of all singers.

We have a mission to help educate and tell the stories of women who experience voice changes in relation to midlife, menopause, and beyond. We provide resources for singers, voice teachers, choral directors, SLPs, and other medical professionals to answer the question, "What do I need to know about women's midlife and beyond voice changes?"

1

### PICK A SPEAKER

Cate, Joanne, and Nancy are each available individually.

2

### ARRANGE A TIME

Communicate directly with your speaker of choice to arrange presentations details.

3

### HOLD THE EVENT

Whether your event is live or pre-recorded uploads, we are happy to work with you.

**Singing Through Change is a beacon of light for all women who sing and for whom singing is important.**

Jeannette LoVetri, Director, The Voice Workshop

Jeanie goes on to say, "They provide information, objective data, resources, suggestions, and many individual anecdotes from women who have openly shared their

experiences singing while going through peri-menopause, menopause and post-menopause. **It fills a gaping hole in our knowledge and opens a path to new dialog on this vital topic. Every expert in all the related voice disciplines needs to know this.**"



**Joanne Bozeman**

Appleton, WI  
Focus Area: The impact of hormones on the voice.



**Nancy Bos**

Seattle, WA  
Focus Area: Strategies for singing through midlife and beyond.



**Cate Frazier-Neely**

Washington, DC  
Focus Area: Developing pedagogy for individuals and choirs.

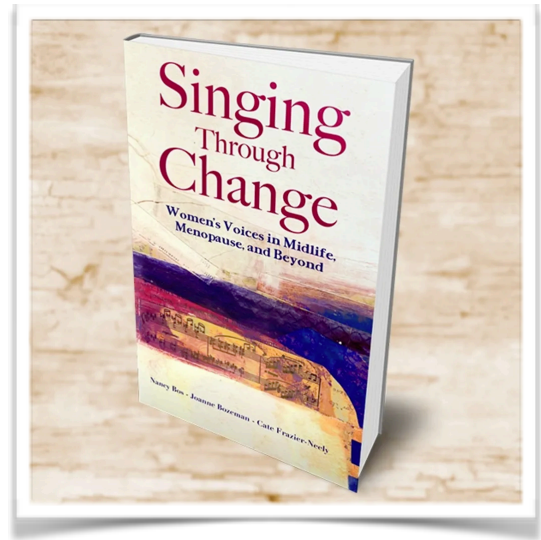
# SINGING THROUGH CHANGE: WOMEN'S VOICES IN MIDLIFE, MENOPAUSE, AND BEYOND

---

## Topics for Presentations

---

- Introduction to working with women during midlife and aging voice changes.
- What every voice teacher, choral director, and female singer needs to know about women's voices in midlife, menopause, and beyond.
- How to support women singing through the ever changing hormonal landscape.
- An overview of the potential impact of reproductive hormones on the voice.



## Available Services

---

- Online presentation for your organization.
- Online workshop for your singers.
- One-to-one online single session coaching.
- Guided book discussion groups.

## Booking

---

Cate, Nancy, and Joanne can be booked individually by reaching out to:

Cate Frazier-Neely [catefn@gmail.com](mailto:catefn@gmail.com)

Nancy Bos [nancy@studiobos.com](mailto:nancy@studiobos.com)

Joanne Bozeman [bozemanj@lawrence.edu](mailto:bozemanj@lawrence.edu)

## SINGING THROUGH CHANGE IS A MUST

... **for anyone who is a singer, voice teacher, singing specialist, or medical professional.** What an incredible resource for all those involved with voice in any way. As a practicing Otolaryngologist I regret not having information such as this early on in my practice. ...

DR. CURT R STOCK  
OTOLARYNGOLOGIST, NCVS TRAINED VOLOGIST

... **a bounty of information** which, for the first time, summarizes current research on adult female voice change, while allowing a glimpse into the lives of women who have faced the results of adult female voice change.

LYNNE GACKLE, PH.D.  
DIR. OF CHORAL ACTIVITIES & PROF. OF ENSEMBLES, BAYLOR UNIVERSITY AND CURRENT NATIONAL PRESIDENT OF THE ACDA