

**Gulf Coast Chorale Announces Invitation to Singers to Join for the
2023 Holiday Show**

"A Swingin' Christmas"

The Gulf Coast Chorale issued an invitation to area singers to join the Chorale for their November 17, 2023, show "A Swingin' Christmas." No embarrassing auditions for this community choir - all you need to do is attend!

Do you love to sing? Or maybe you used to be a part of a choir or group but it's been a while! Looking for a fun, warm and welcoming group to spend a Thursday evening with? Well, this is YOUR opportunity to find out what we're all about!

On Saturday, August 19, 2023, 10-2:00 pm, Gadsden Street United Methodist Church (901 E. Gadsden St), you are invited to Chorale Camp to find out more about the Chorale, preview the show, register, pick up the music and enjoy lunch on us. All are welcome, NO auditions, and bring a friend! **Regular rehearsals will start on Thursday, August 24 at 6:30 pm.**

"The Chorale truly embraces the idea of what it means to be a community choir. We are people of all ages and musical backgrounds and experiences. We sing a wide variety of musical genres, styles and tastes. Our shows have a little something for everyone and we love showcasing the various talents and personalities of our members," said Brenda Smith, Artistic Director of the Gulf Coast Chorale.

"Research has repeatedly shown that choral singing has tremendous benefits on the physical and emotional wellbeing of participants," said Smith. "They enjoy a greater feeling of togetherness and being part of a collective endeavor than others involved in different social activities. Heart rates are positively affected.

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Several studies have pointed to the mental health benefits of communal singing by boosting oxytocin levels which help control stress and anxiety. Participants report a higher rate of social wellbeing. And there is good research that shows communal singing increases life expectancy.”

Details

- Choral Camp: Saturday, August 19, Gadsden Street United Methodist Church, 901 E. Gadsden St, Pensacola, FL for Chorale information, lunch, show preview, registration and music pickup will be from 10-2pm.
- Regular rehearsals are Thursday nights at 6:30 pm at Gadsden Street UMC beginning August 24.

More information is available at the Chorale website: www.gulfcoastchorale.org

For more press information:

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