

Sept.
2022

Center for Wellness in the Arts

NEWSLETTER



Updates:

The Fall 2022 semester has begun and it is our hope that everyone is having a wonderful beginning to the year! The Center for Wellness in the Arts is ready to provide the performing arts students with the resources and education they need to be successful this semester. Whether you are at personal practices, rehearsals, studio class, or performances, the CWA makes resources and support available to our students. Here are some upcoming events to keep in mind as you continue through the next few weeks:

- Follow this link to sign up for a meeting with one of our Voice Lab GAs to receive your [voice and hearing screening](#).

https://docs.google.com/document/d/1FB_RBXYNOU2qP9M2XSr5l0CiENXVO3axHKEo9rJ6BX0/edit

- Look out for class lectures and informational discussions from your CWA GAs!
 - Providing students with introductions to what we do and what we offer to our students throughout the year.

Tips

Studies reported by the National Institute on Deafness, and other Communication Disorders, show that musicians face nearly four times greater of a risk of developing hearing loss compared to the rest of the public. It is important to take preventative measures to ensure that you are taking the right steps to protecting your hearing during your busy schedule of practices and performances! One of the best ways to prevent noise-induced hearing loss (NIHL) in students is using musician's earplugs to prevent extended periods of high exposure to loud noise. Follow the link to purchase from Amazon!

