

DYSPHONIA INTERNATIONAL

WORLD VOICE DAY | APRIL 16



World Voice Day is an annual awareness event on **April 16** dedicated to recognizing the importance of the human voice **and** raising awareness about various voice-related issues. It serves as an opportunity to acknowledge the significance of vocal health, expression, and communication in our lives. We hope this year's World Voice Day theme of: '**Resonate, Educate, Celebrate**' has

you excited to participate this year! Some easy ways include utilizing social media platforms like Facebook, Instagram, and LinkedIn to spread information about World Voice Day. Share your story about your own experience of living with a voice condition. You can record a video or share graphics. Be sure to use **#WVD** so we can find your post. By engaging in these initiatives, you can help raise awareness about the importance of the voice and empower individuals to take proactive steps to maintain vocal health and express themselves effectively.

On 1/29/24, Dysphonia International posed the following question to the members of the Support Network:

World Voice Day, which takes place annually on April 16, is our opportunity to raise awareness about the importance of voice and the impact of vocal disorders on a person's life. Everyone is encouraged to create short videos and write about their dysphonia story. When posting on social media, use **#WVD**. This year's theme is: '**Resonate, Educate, Celebrate!**'.

We will be using quotes in our WVD coverage so please share your thoughts on this question. As a support network leader for Dysphonia International, what message do you **resonate** regarding your voice, how do you **educate** about your voice, and describe how you **celebrate** your voice.

Here are a few responses:

Mary Bifaro: "The message I try to resonate is that Dysphonia International is a community that cares about you and your voice. I try to educate by editing "Voices of Support" which highlights the tireless activity of our dedicated support network leaders. I celebrate my voice when I use it on behalf of our cause and community. I celebrate the voices of others in our community when they rise above the challenges of living with a voice disorder."

Esther Zack: "I try my best to be "the best cheerleader" I can be...to encourage my fellow SDers to look for answers to their problems...to reach out during our zoom meetings, to try new alternative treatments...and to have hope that there will be a cure someday soon!"

Risa Clay: "I resonate by believing that we can adjust and adapt and that we can persevere and succeed. I educate by sharing my voice journey openly with others. I celebrate by finding joy in life and continually moving forward."