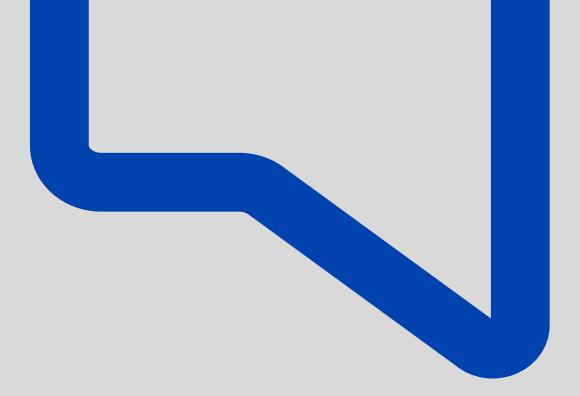
# Managing Voice Difficulties



### LA MARK SPEECH THERAPY

Helping You Reach Your Goals

# Do Vocal warm ups and cool downs

# Use appropriate breathing techniques

If you're a singer- ensure you have a reputable voice coach

### Keep well hydrated

### Avoid shouting

### LAMARK SPEECH THERAPY

Helping You Reach Your Goals