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# AAO-HNS Celebrates WORLD VO!CE DAY APRIL 16



## VO!CE: The Original Social Media

### FOR A HEALTHY VOICE:



- DO** drink water and live a healthy lifestyle
- DO** warm up your voice before heavy use
- DO** use a vocal amplification system
- DO** use good breath support

### FOR A HEALTHY VOICE:



- DON'T** drink an excessive amount of coffee, tea, soda, or alcohol
- DON'T** abuse or misuse your voice
- DON'T** clear your throat more than necessary
- DON'T** smoke



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