

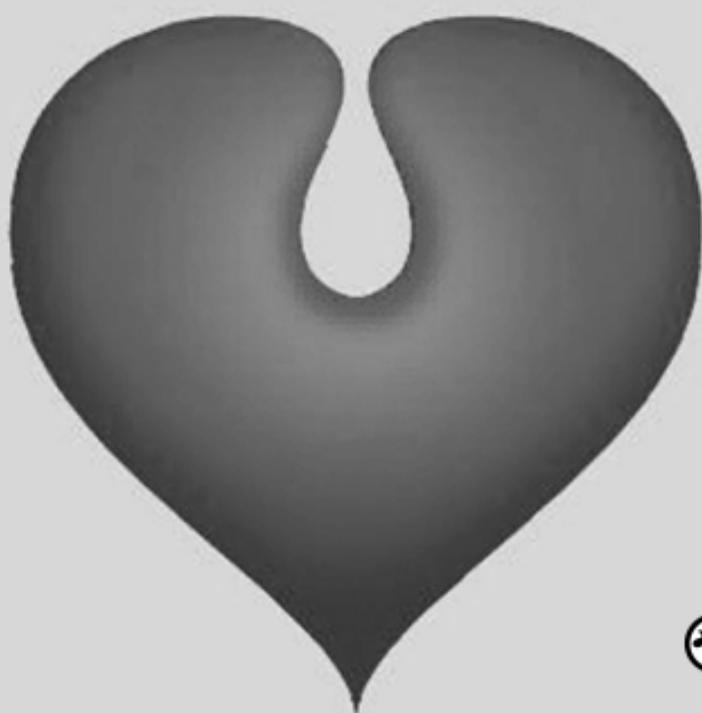
# Health Awareness



## Speaking Freely About Good Voice Habits

(NAPSA)—Some believe that public speech is the essential political act. So this election season, it should come as no surprise that an annual event that urges proper care of the human voice has chosen a political theme for this year's observance.

Held every year on April 16 and sponsored by the American Academy of Otolaryngology—Head and Neck Surgery, World Voice Day



**WORLD VOICE DAY**

APRIL 16th

**An annual event encourages everyone to improve and maintain good voice habits.**

encourages men and women, young and old, to assess their vocal health and take action to improve and maintain their voice.

The theme for this year's observance is "Let Your Voice Be Heard," a reminder that the voice is an important symbolic and physical tool for self-expression. For presidential candidates and the public alike, the Academy offers these tips to maintain vocal health:

- Drink plenty of water.
- Try not to scream or yell.
- Warm up your voice.

To learn more, visit the Web site at [www.entnet.org](http://www.entnet.org).