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Title: The effect of group singing on the voice and swallow function of healthy, sedentary, older adults: A pilot study

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Running head: EFFECT OF SINGING ON THE VOICE AND SWALLOW FUNCTION OF SENIORS.

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2 **Highlights**

3 The effect of a therapeutic group singing intervention on voice and swallow function with  
4 healthy, sedentary older adults is described.

5 Early intervention may provide benefits in delaying age-related deficits regarding swallow  
6 function and voice quality.

7 Maintaining healthy swallow function and voice quality has important implications regarding the  
8 physical and psycho-social aspects of aging.

9 Participants in the study demonstrated improvements in swallow function and voice quality by  
10 completion of the study.

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