

Singing Through Change: Women's Voices in Midlife, Menopause, and Beyond

Description: Women's voices change as they age and go through perimenopause and menopause. For singers, this can have many profound effects. In this talk, based on the new best-selling book *Singing Through Change* co-written by Nancy, Joanne Bozeman, and Cate Frazier-Neely, Nancy will expose us to challenges singers face and give us solutions for working through the issues with our students. Issues can include a wide range of physical and emotional challenges and vary greatly from singer to singer. Strategies will include consideration of the effects of hormone changes, the impact of self-care, medical intervention, the need for flexibility from the singers and flexibility from those who support them.

Nancy Bos is a vocologist, author of multiple best-selling books on singing, professional singer in a variety of genres, keynote speaker, and thought leader. She taught singing for 24 years and is the founder of StudioBos Media (publishing). Her work is guided by the philosophy that singing makes people happier, healthier, more peaceful, and thoughtful. Singing brings people together, soothes aching hearts, and allows us to spiritually transcend.

Nancy served NATS as Vice President for Membership from 2018 - 2020. She has served as the Associate Editor of *Inter Nos*, on several national committees, and in chapter and regional offices. In addition to her independent studio, she taught as adjunct faculty at Cornish College, Seattle Pacific University, and Bellevue College.

Nancy is a member of PAVA, was a NATS Intern in 2005, and is a Distinguished Voice Professional through NYSTA. She is the Director of Operations for the Voice and Speech Trainers Association (VASTA). Nancy received her undergraduate degree from Luther College, Decorah, Iowa. For more information, please visit nancybos.me.