

# Jumpstart YOUR Motivation



## RE-LIGHT THE SPARK

### COVID GOT YOU DOWN? BREATHE LIFE BACK INTO YOUR MUSIC!

Over the last year, the global pandemic has caused many of us to slow down or experience a decrease in mental energy, especially around our singing and music. But never fear!

Kickstarting your motivation is easier than you think. Join regional faculty, **Sue Melvin**, for this interactive class to help you get back on track and recharge your passion for harmony. Learn new tools for finding - and staying! - motivated in your rehearsals, personal life and beyond.

**THURSDAY, FEBRUARY 18TH, 2021**

**@ 7:00pm - 8:30pm**

**FREE** for all Region 16 members

[CLICK HERE TO REGISTER](#)



Questions? Contact Susann McKinley: [susann.mckinley@yahoo.com](mailto:susann.mckinley@yahoo.com)