KPBX KIDS' CONCERTS FAMILY FAVORITES SING-ALONG



Did you know? Communal singing has mulitple physical, mental, and social health benefits. It can calm heart rates, boost immune systems, and increase life expectancy. Communal singing releases feel-good neurochemicals like endorphins, dopamine, and serotonin. Finally, it builds feelings of social cohesion and closeness, and has been shown to bond people faster than other activities.

EVENT DONORS

stcu

Harvard Park Children's Learning Center North

ROCKET BAKERY COME IN AND BLAST OFF

Print and Color!