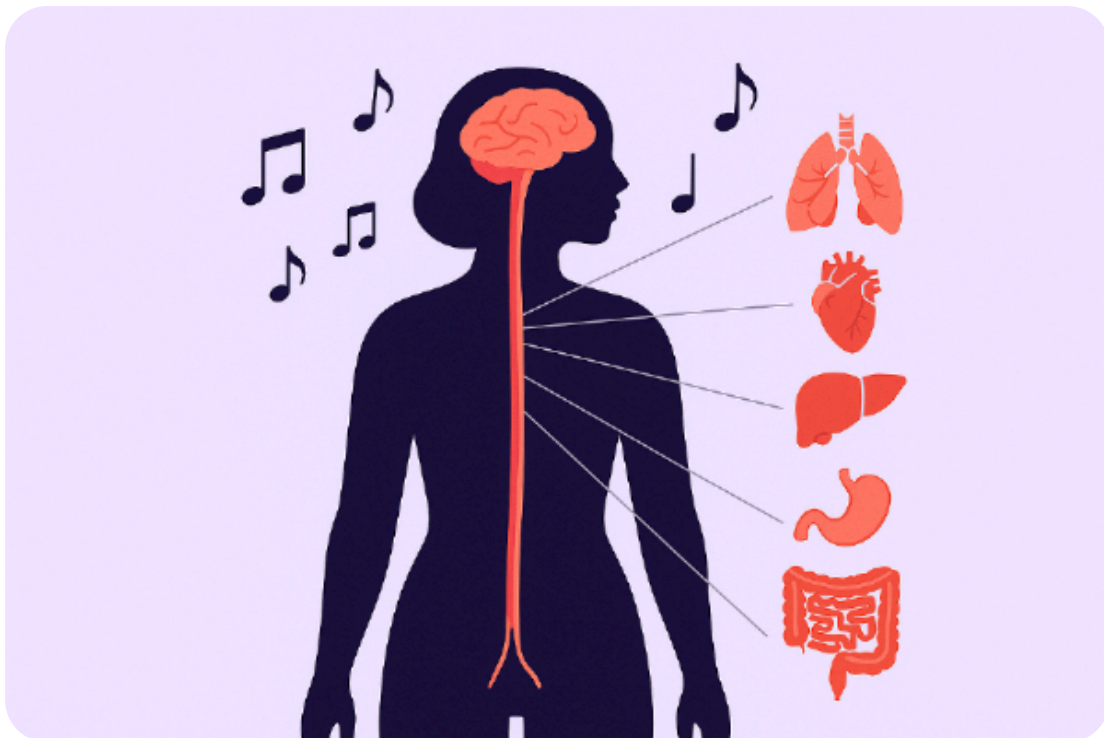




The Body's Pathway to Peace is in Your Voice



The Vagus nerve is your body's built-in pathway to peace - a remarkable communication bridge linking your brain to your lungs, heart, stomach, and more. When it's active, your body **shifts from fight or flight into rest and restore** - slowing your heart rate, deepening your breath, and calming your mind.

Here's the magic: you don't need medicine to awaken it. You already have the perfect tool - **Your Voice**.

Each time you sing, hum, or exhale slowly, vibrations travel through your chest and throat, gently stimulating the vagus nerve. This simple act **sends messages of safety and balance through your entire system**, helping lower stress, support digestion, and steady emotions.

This isn't just science - **it's self-care in action**. A few minutes of humming before bed can ease anxiety, improve sleep, and restore calm. In moments of

agitation, **music isn't a distraction - it's medicine.** So go ahead - take a deep breath, hum your favorite song, and let healing begin.

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A DAUGHTERS HEART. A LEADERS VOICE.
...and the 5 hours that changed everything



Dawne Bunn joined *Coro Chronicles* wearing two identities at once: **Regional Vice President of the Alzheimer's Association—and a daughter.** She carries both the deep knowledge of a leader and the tender truth of someone who's walked the long hallway of dementia.

In this episode, Dawne shares **HOPE**—new FDA-approved treatments that can slow early Alzheimer's, **CLARITY** on today's diagnostic breakthroughs, and a **LIFELINE** that once guided her through her darkest hours: the 24/7 Helpline.

But the moment that will stay with you? When Dawne recalls the **5 hours that changed everything**—the day her mother was lost, afraid, and searching for help that never came.

✓ Click below to watch/listen wherever you get your podcasts.





LATEST FROM OUR BLOG



[From Ritual to Comfort](#)

Faith brings peace to new beginnings. Discover how prayer, ritual, and music help residents and families find comfort, dignity, and connection during the transition to senior living.



[From Isolation to Belonging](#)

See how EnrichFirst makes social engagement simple and meaningful, helping seniors boost mood, stay mentally active, and feel connected every day.

ROKU + CORO HEALTH = 5 STAR REVIEWS

We're hearing it everywhere—communities are *loving* the **CORO experience on ROKU!** Residents say it's easier, brighter, and more engaging than ever. Stream [MUSICFIRST](#), [FAITHFIRST](#) or [ENRICHFIRST](#) from your TV and enjoy a true 5-Star experience. ✨ Enter for YOUR chance to WIN a ROKU Streaming Device for your home or community! Your choice! *New community customers get Coro Health Services 1 month FREE!*



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"Music doesn't just remind us of the past—it resurrects it, bringing back not just the memory of a moment, but the very feeling of being alive in it."



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