



MUSIC FOR ALL SEASONS, INC.

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VOICES of VALOR

Professional Performances For Hope And Healing

December 4, 2025

FOR IMMEDIATE RELEASE

Voices of Valor Releases “Wait a Minute (It’s Up to Me and You)” by Exit 7

Original song created by Veterans through Music For All Seasons reflects resilience, hope, and the power of connection through music.

Music For All Seasons proudly announces the release of “Wait a Minute (It’s Up to Me and You),” a new original song created through its signature Voices of Valor initiative. The song was collaboratively written and performed by Veterans participating in the Voices of Valor program and officially released on December 3, 2025.

“Wait a Minute (It’s Up to Me and You)” reflects the shared experiences, resilience, and hope of the participating Veterans. Through guided songwriting sessions, the group known as Exit 7 transformed personal stories and lived experiences into a meaningful musical piece centered around healing, encouragement, and human connection.

The songwriting sessions were facilitated by Jennifer Lampert and Matt Orlando, with recording engineering by Eric McNelis at Gradwell House Recording Studios in Haddon Heights, New Jersey.

Music For All Seasons extends special gratitude to Samaritan and The Horizon Foundation for New Jersey for their support in helping make Voices of Valor programming possible.

The accompanying video was produced by Laura Blaine and highlights the collaborative spirit, creativity, and emotional honesty shared throughout the Voices of Valor process.

Voices of Valor continues to provide Veterans with opportunities to rediscover confidence, creativity, and community through collaborative music-making and storytelling.



Watch “Wait a Minute (It’s Up to Me and You)” here:

[Wait a Minute \(It’s Up to Me and You\) – Exit 7](#)

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Wait a Minute (It's up to Me and You)
by Exit 7
Release Date: December 3, 2025

