

# Singing for Breathing

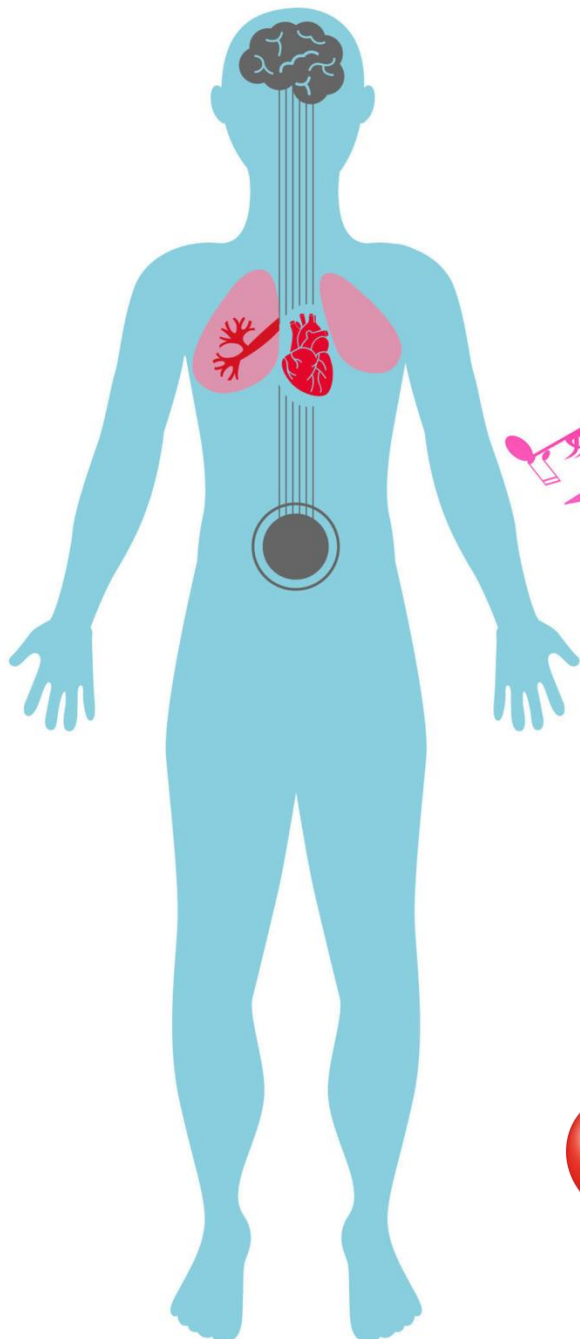
Enjoy singing with others!

Fun, informal singing workshops

Sheringham Community Centre

Fridays 2:30-4pm

- Learn to breathe more effectively
- Exercise lungs & muscles that support breathing
- Improve general health and wellbeing
- Improve lung health
- Reduce stress and tension



**Suitable for complete beginners!**

**Come and join in the fun!**

**£4 per person including refreshments**

For further information or  
if you have any queries please contact

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