



Breathing difficulties? Anxious, depressed or stressed?
Our Singing for Breathing sessions could be for you!

- Learn techniques to help manage breathlessness
- Improve your general health and wellbeing
- Increase physical activity (it's aerobic!)
- Enjoy singing with others
- Reduce loneliness and isolation
- Meet new people and improve confidence
- Adopt healthier breathing habits – breathe better!

St Joseph's Church Hall
 Cromer Road, Sheringham NR26 8RT
Tuesdays 2:30-4pm from 19th Sept 2023

Songs tailored around breathing exercises to strengthen support muscles and build better breathing habits
 £5pp inc. refreshments if possible or what you can afford
 (no-one excluded if unable to pay)

Enquiries: tina@playingforcake.uk / 07771 605 188
 More info at www.playingforcake.uk

Kick-started thanks to funding from:



In association with North Norfolk Breathe Easy Support Group and A+LUK



Singing and music-making with others can:

