



Playing for Cake<sup>•uk</sup>

Singing and music-making workshops for better health



# Singing for Breathing

**North Walsham Sports Centre (Spenser Rd, NR28 9HZ)**

**Fridays 10:30-12 noon**

**8-Week Course starts Friday 10<sup>th</sup> May 2024**

- Learn techniques to help manage your condition/breathing
- Adopt better breathing habits for everyday life
- Increase physical activity and stamina and general health
- Reduce stress and tension
- Improve voice quality
- Meet new people and gain confidence with singing with others

***Friendly, supportive group. Suitable for beginners and returners.***

***FREE but donations welcome. Refreshments provided.***

***Come and give it a go!***

*Brought to you in collaboration with the Breathe Easy Support Group (North Norfolk) and the Pulmonary Rehabilitation Team at Kelling Hospital.*

More info:

<https://playingforcake.uk/singing-for-breathing-2/>  
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