



Singing for Breathing

The Reef Leisure Centre, Sheringham

Tuesdays 2:30-4pm

8-Week Course starts Tuesday 7th 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.

Book via the Everyone Active App, reception staff at Reef or just come along!

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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