



Playing for Cake^{•uk}

Singing and music-making workshops for better health



Singing for Breathing

Long Stratton Village Hall (Ipswich Rd, NR15 2TA)

Mondays 2:30-4pm

6-Week Course starts Monday 17th June 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!

More info:

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

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