

Singing for wellbeing



Boost your wellbeing with our FREE singing course.

Join us for a singing workshop series for Coventry and Warwickshire adults looking for creative coping strategies to improve mental wellbeing.

Suitable for beginners.

COURSE DETAILS

12 weeks FREE

Tuesdays 7-8.30pm

1, 15, 22, 29 October,
5, 12, 19, 26 November and
3, 9, 10, 17 December

Venue: The Life Community Church, Charlotte St, Leamington Spa, CV31 3EB

Optional sharing performance on 9 December

Free refreshments follow each session



A fun and effective way to improve your mental wellbeing



Singing for Wellbeing, is designed to uplift your spirits and improve your mental health.

Under the guidance of experienced choir leader Claire Fowler, you'll have the opportunity to explore the therapeutic benefits of singing in a supportive and welcoming environment.

No singing experience is necessary and everyone is welcome to join our friendly group as we sing along to familiar songs. Connect with others and experience the collective joy that comes from performing as a group.

Learning Outcomes:

- Gain a better understanding about how singing can benefit your well-being.
- Feel more confident about singing in a group and learn breathing and singing techniques.
- Meet new people and help each other.



Book now at
www.artsuplift.co.uk/wellbeing-courses

For further information
email Beth info@artsuplift.co.uk
or call Beth on **01926 504 212**

