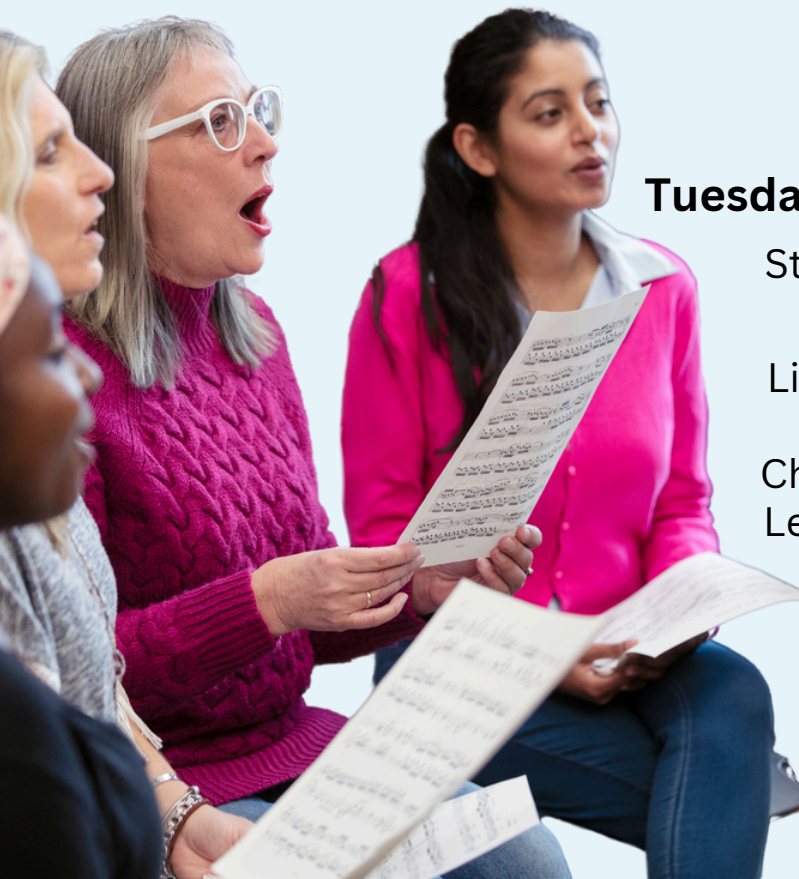


# Singing for wellbeing



## Boost your mental health with our FREE singing course



**Tuesdays 7-8.30pm**

Starts 6 May for  
12 weeks

Life Community  
Church  
Charlotte Street  
Leamington Spa  
Warwickshire  
CV31 3EB



# A fun and effective way to improve your mental wellbeing



## Uplift your spirits and improve your mental health

Enjoy the therapeutic power of singing familiar songs in a friendly atmosphere. Sessions will be guided by experienced choir leader Claire Fowler. No singing experience necessary.

Especially suitable for adults seeking creative coping strategies.

### Feel the benefits...

- A boost to your wellbeing
- Increased confidence
- Useful breathing and singing techniques
- A connection with like minded people

**Dates: May 6,13,20,27 June 3,10,17,24  
July 1,7,8,22,29**



Book now at  
[www.artsuplift.co.uk/creative-wellbeing-courses](http://www.artsuplift.co.uk/creative-wellbeing-courses)

More information email: [info@artsuplift.co.uk](mailto:info@artsuplift.co.uk)  
or call Beth on **01926 504 212**