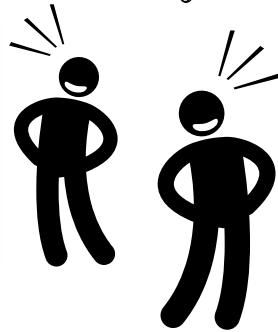


Sing 2 breathe

A Singing for Lung Health Group



NEW

*Starting
15 February
2024*

Led by Kate Lynch

Thursdays

Feb 15, 29, Mar 14, 28, April 11, 25, May 9, 23

Victoria Park Community Centre

(coffee from 10.30am) session 11.00-12.00pm

*A sociable group activity where techniques
for breathing control and better posture
are taught through singing*

contact Wendy Coward (COPD Co ordinator)
to book your place :07884 370503

Supported by

 ASTHMA+
LUNG UK