

Sing For Better Health

For people 55+

Or anyone with a long-term health problem
e.g. Asthma, lung disease, Parkinson's,
depression, cancer, stroke.



*You don't
need to be
able to sing!*
Call Udita on
01273 556755



Our friendly
sessions aim to
improve breathing,
posture and overall
health and wellbeing.
They are also a great
chance to make
friends and have
fun!

Tuesdays: 10.45 - 11.30am
Salvation Army building, Leybourne Rd
Bevendean
Tuesdays: 1 - 2.30pm
St Richards, Egmont Rd, Hangleton
Wednesdays: 11 - 12 noon
Mental health group, 18 Preston Park Ave
contact Tel 01273 565049
Thursdays: 10.30 - 12noon
Patching Lodge, Eastern Rd
(next to Bingo Hall)
Fridays: 11.30 - 1pm
Elizabeth Court, 65 Wilbury Rd, Hove
(corner of Cromwell Rd)
Saturdays: 12.30 - 1.30pm
Brighton Health & Wellbeing Centre
18-19 Western Rd (corner Upper Market St)

All venues have disabled access.

www.singforbetterhealth.co.uk