

# 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  
**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](http://www.singforbetterhealth.co.uk)