

The Health & Vitality Choir

New!

Why join a choir? 🎵

It's great to do something creative, relaxing and de-stressing. It's also lots of fun. Singing keeps you young, healthy and significantly improves your well-being.

Common Q&As

Q: I've never sung before. Will I fit in?

A: Absolutely! There's no need to audition or read music.

**

Q: Am I too old? The last time I sang was at school.

A: You're never too old to sing. It's important that you enjoy yourself and allow time for you!

**

Q: What's different about the Health & Vitality Choir?

A: Our aim is to ensure you have a good time whilst connecting with others. You'll also learn simple breathing and de-stressing techniques each week.

**

Q: Can I join on my own? A: Of course!



What are the benefits

Healthy heart 💕💕

Singing helps keep your heart in good shape; it also opens-up your heart to express your feelings and emotions.

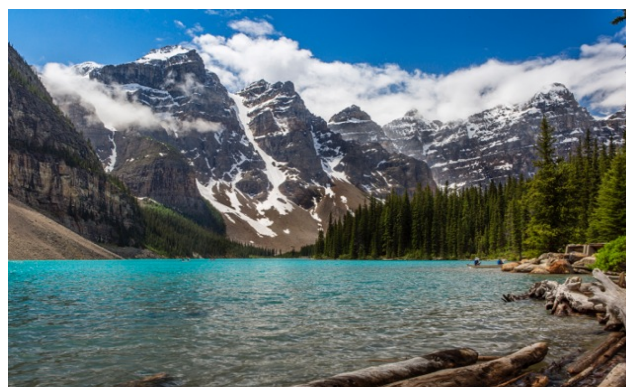


Singing is great exercise 👍

When you sing you are exercising your core muscles as well as improving your circulation and co-ordination. That's just fantastic!

General wellness 👍

Allow yourself to unwind after a hard day. You will improve your mental, physical and spiritual health and wellbeing, just like you're on holiday.



Enrol now!

helen@thehelenastridsingingacademy.com

Starts 15 March, Mondays 6.30~7.30pm

£60 for 6 weeks or **SAVE 15%** £96 for 12 weeks (£8.00)

Helen Astrid, Dip.RAM ☎ 07710 245 904

Join our Group on Nextdoor: **Singing for Health & Vitality**

www.thehelenastridsingingacademy.com