



Moulton Health & Wellbeing Choir

An invitation to feel better, have fun and breathe better!

As part of the Moulton and surrounding areas Health & Wellbeing Strategy, we are keen to explore how we can help all our patients and residents to improve their health and wellbeing, and this is an exciting and new way to help you. It may be particularly beneficial to patients with COPD. Kay Warcaba, an experienced leader of community singing workshops, will be leading the sessions.

Sessions run every Wednesday from 2pm – 4pm

at Moulton Football Club, Brunting Road, Moulton NN3 7QF

(Cost per session: £5 for two hours that includes tea and biscuits)

COME AND JOIN US – NO NEED TO BOOK

**YOU DO NOT NEED TO BE GOOD AT SINGING OR HAVE ANY
EXPERIENCE TO JOIN IN!**

The point is not to make a beautiful sound, but to have fun and learn how to breathe better.