



# **HEADCORN SINGING FOR HEALTH**

**(under the umbrella of Headcorn Surgery and the Patients Participation Group)**

*We are a fun group who sing for our health and meet every Friday between 10.30-11.30am at Headcorn Baptist Church (hall at the back).*

*You do not have to be able to sing – but singing regularly can achieve the following benefits: **boost immunity; improve mental health; enhance memory; boost lung function; lower stress; improve wellbeing.***

*The current cost is £3.00 per session.*

*If you would like to come along and try it for yourself, please contact Dee on 01622 920367/07551588161 or just turn up on the day.*