

**Would you like to socialise with other people and have some fun?**

Celebrate your own or a family members recovery,

meet other people and have a laugh.

**What are the benefits of singing?**

It's a great way to keep in shape because **you** are exercising your lungs and heart. Not only that, your body produces '**feel good**' hormones called endorphins, which rush around your body when **you sing**.

No singing experience is necessary just come

along **any** week and give it a go.

**When: Wednesdays from 7 p.m. to 9 p.m.**

**Temporary Venue: St. Andrews Cathedral, Inverness**

**Usually at the Kenneth Street Hall (KSH)**

9-11 Kenneth Street, Inverness, IV3 5NR

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| Month | Dates  (KSH indicates venue for that evening will be Kenneth Street Hall. All other sessions will be at Cathedral unless told otherwise) |
| July | 18th, 25th |
| August | 1st (KSH), 8th, 22nd, 29th |
| September | 5th, 12th, |
| October | 3rd, 10th, 24th, 31st |
| November | 7th, 14th, 21st , 28th |

Refreshments are provided.

For further details please contact: Sharon Holloway

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‘Alive & Singing’

For Wellbeing & Recovery