

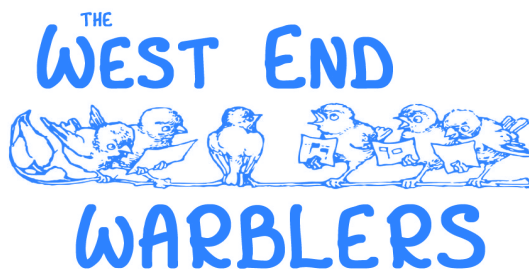


# Connects2Project Choir



**Singing improves your confidence and mood  
and increases your sense of wellbeing  
It is energizing and has many positive  
health benefits**

**“Feeling better is pretty much guaranteed!”  
So don’t just sing in the shower  
Come and lift your spirits  
with**



**If you are 60+  
and interested in becoming involved in  
“Connects Choir”**

**Come along**

**New Block Starting**

**Wednesday 7th Oct—9th Dec 2015**

**2.00-4-00pm**

**£2**

Registered Charity: SC002491  
Company Number : SC215070



PARTICK  
HEALTHY LIVING CENTRE

