

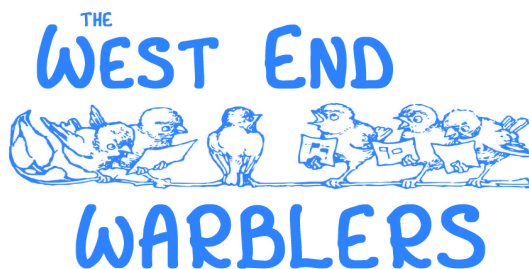


Connects2Project Choir



**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 20th Jan—23rd Mar 2016

2.00-4-00pm

£2

Registered Charity: SC002491
Company Number : SC215070



PARTICK
HEALTHY LIVING CENTRE

