

**Singing is proven to be good for you!**

**buzz** Manchester  
Health & Wellbeing  
Service



Manchester  
Wellbeing Fund

**JOIN OUR FUN & FREE SINGING  
GROUP IN NORTH MANCHESTER**

**Mondays – 12.30pm-1.30pm  
from 8th November, 2021**

***St Paul's Church Hall, Victoria  
Avenue, Blackley, M9 6RA***

**NHS**  
Greater Manchester  
Mental Health  
NHS Foundation Trust

***Sing Yourself To Better Health...***

Sing together, smile together, improve your singing, health and wellbeing for FREE. No talent needed, just enthusiasm! Older residents, dementia sufferers, carers and family members all most welcome.



***Sing Yourself To Better Health sessions  
are led by singing tutor Martin.***

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