

'Singing Therapy for Health & Wellbeing'

For people with COPD, Asthma, and other Respiratory Conditions
Friends and family are welcome



There is one weekly session in Brighton and one in Hove, led by Uditia Everett, voice coach.

The aim is to improve the lung function, breathing technique, posture and wellbeing of patients with respiratory illness.

Price: £2

These sessions take place:

Every Monday from - 1.45 to 3.15 pm at **Patching Lodge**, Park St, entrance Eastern Rd, Brighton, BN2 0AQ, next to Bingo Hall

Every Friday from 11.30 to 1pm in **Ralli Hall** back entrance, 81 Denmark Villas, Hove, BN3 3TH (near Hove station).

Both places have disabled access.

For more information please call Uditia on **01273 556755**, or email uditamusic@googlemail.com
www.uditamusic.co.uk

Patching Lodge is on bus routes 1, 2, 7 and others.

Ralli Hall is on bus routes 7 and 81. The routes stop at Eaton Gardens and Hove Station and it's a 3-4 minute walk to Denmark Villas from either direction.

The groups are supported by

Sidney De Haan 
Research Centre for Arts and Health

 Canterbury
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University