

# Breathing and Singing for Health & Wellbeing

A 'BetterBreathing' / Breatheasy Singing Group

For people with breathing difficulties (e.g. Asthma, Lung disease)  
- and other long term health problems (Depression, Stroke, Parkinson's..)

Friends and family are welcome too

**You really don't need to be able to sing!**



Our friendly sessions aim to improve breathing, lung function and overall wellbeing. They are also a great chance to make friends and have fun!

## **Mondays**

1.45 to 3.15pm at **Patching Lodge**, Eastern Rd, Brighton (next to Bingo Hall)  
Bus routes 1, 2, 7 and others. On-street parking in Freshfield Road/ Place

## **Fridays**

11.30am to 1pm at **Elizabeth Court**, 65 Wilbury Rd, Hove  
(next to County Cricket Ground). Bus route 7 and close to Hove train station

## **For more information:**

Call Uditia Everett on **01273 556755** / 07969 129992

Or e-mail [uditamusic@googlemail.com](mailto:uditamusic@googlemail.com)

[www.uditamusic.co.uk](http://www.uditamusic.co.uk)

**Price per session: £3**

Both venues have disabled access

If you need lifts, or help getting to the group, please contact Uditia