

DO YOU HAVE BREATHING DIFFICULTIES?

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Cambridge Singing for Breathing is a project of community music charity Talking in Tune, reg. charity no. 1105061

Did you know that singing can help?
Cambridge Singing for Breathing class meets
weekly online and new members are welcome.

**Singing for Breathing is a friendly and fun way to learn to breathe
better using relaxation techniques, breath and voice exercises
and of course, singing.**

It's user-friendly and you don't need any singing experience to take part.
The classes are suitable for anyone living with breathlessness, including
asthma, long Covid, COPD, bronchiectasis and IPF.

Time: Thursdays 2.30 – 4.00 pm

Place: Online on Zoom

Cost: Suggested donation of £3.50 per week

To find out more, contact Mary or Kay:

Mobile: 07845 726975

Email: singingforbreathingcambridge@gmail.com

Website: www.singingforbreathing.wordpress.com

Facebook: <https://www.facebook.com/singingforlunghealthcambridge/>