

Are you looking to join Singing for the Brain?

HAVE WE SPIKED YOUR INTEREST?

Click here to join every Wednesday (2.45 to 4pm)

<https://alzheimers.zoom.us/j/69230051957?pwd=UktBWnEwOHdQRjhXNzRuVVZpMGJ0QT09>

Click here to join every Friday (10.45 to 12am)

<https://alzheimers.zoom.us/j/69727446971?pwd=eUYySHITUFdiSHI4UESrb1BEY25Kdz09>



All the other stuff you may need.

Hello Everyone,

About **Singing for the Brain**®

You don't need to be a good singer to experience improved brain activity, wellbeing and mood. So why not come and join us online where you can meet new people in a friendly and supportive environment.

We have fun, vocal warm-ups and sing a wide variety of familiar and new songs, and if you have an instrument, we would love you to bring that along too!

All our virtual groups are hosted by our skilled, compassionate and experienced group leaders.

We start the singing at 3pm on Wednesday and 11am on Friday, but if you join us 15 mins early you can join in with our weekly chat and catch-up!

Looking forward to meeting you 😊