

AGEING WELL



Singing exercises your heart and lungs and releases endorphins making you feel good, join the fun, and sing like no one is listening!

No auditions, previous experience or music reading skills required, just come along and join us for a sing-song.

No need to sign up, just come along and give it a try!

**Christ Church, Morningside
Tuesdays
1.30 pm - 3.00 pm**

For more information, please contact us:

Active Communities Team

☎ 0131 458 2260

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