

EXEHALERS

Singing for lung health



If you would like to improve your lung health and have COPD/asthma/similar chronic lung condition then please ask your GP practice to refer you to this FREE 12 week singing group.

No prior singing experience needed, just a willingness to take part!

The group will meet for one hour at The Beacon Community Centre, involving fun breathing exercises and singing run by experienced Choir Master Mr Stephen Tanner and his assistants Hannah and Lauren.

Who: You are over 18years old, diagnosed with COPD/asthma/similar chronic lung

condition and are registered with an Exeter GP practice.

When: Every Monday from 10:00 -11:00am starting September 9th and ending December 9th 2019 for 12 sessions with a two week break over half term.

Where: The Beacon Community Centre, Beacon Lane, Exeter EX4 8LZ

How: Email tina.voysey@nhs.net at Wonford Green Surgery to register your interest to attend. Please include your name, age, registered GP practice, home address and phone number so that you can be contacted if you have a place.