



# SingAbout independent arts

## Pop Ups: WOW

SingAbout is a social singing activity based on recognised musical therapy. It can help to improve your memory, breathing, movement, mental and physical health and boost confidence. No musical experience required. All welcome

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### **WOW - Women's Centre taster session**

Wednesday 23rd October 2.30 - 3.30pm

**For more information call 01983 822437 or visit  
[www.independentarts.org.uk](http://www.independentarts.org.uk)**

Charity no. 297474

