



Songs, Stories & Smiles

Singing for the Brain on Zoom

Thursday 2.30pm – 3.30pm

Everyone welcome to tune in online

Singing for the Brain brings people together through songs, stories and smiles. There is plenty of evidence to show how singing is good for our brain but our general wellbeing too. Everyone is welcome to our interactive singing group, no singing experience necessary!



How to Join - For you to join a ZOOM Singing for the Brain Group, we will send you a link by text to your smart phone or by email to your laptop/tablet. You simply need to follow the link that you have been sent. There is technical assistance available to get you set up on Zoom.

To join a group please ring Mary on 087 4622616 (mornings)