



**Did you know that singing can help to manage chronic pain, improve breathing and circulation, relieve stress, develop core muscles and improve overall mood?**

Sing to Live, Live to Sing workshops are open to all residents of the Royal Borough of Kensington and Chelsea aged 18 years and over. Taking part is a great way to socialise and make new friends, as well as learning to sing. No previous singing experience is necessary.

The workshops led by Maria and hosted by **St Cuthbert's Church in Earl's Court** are recruiting new participants to start in the next term on Tuesday 5 September.

Workshops take place on **Tuesday evenings 6.45pm to 8.45pm** in the beautiful surroundings of St Cuthbert's Church, 50 Philbeach Gardens, London SW5 9EB

To take part contact the Arts Service on 020 7361 3844 or email [arts@rbkc.gov.uk](mailto:arts@rbkc.gov.uk)



THE ROYAL BOROUGH OF  
**KENSINGTON  
AND CHELSEA**

Sing to Live, Live to Sing is an arts and health initiative of the Royal Borough of Kensington and Chelsea [www.rbkc.gov.uk/singtolive](http://www.rbkc.gov.uk/singtolive)