



Sandwich Singers

**Boost your brain-body connection
Exercise your laughter muscles
Expand your social life – includes a cuppa!**



From 10am, with singing from 10.30-11.30am

September – 14th, 21st & 28th

October – 5th, 9th & 12th

November – 9th, 16th, 23rd & 30th

December – 7th, 14th & 21st

At: Age Concern Sandwich
19/21 Cattle Market, Sandwich CT13 9AP

For more information, please call
01304 614237 or 07790 263762

**Free
Just turn up and
join in**

**Singing and music-
making for wellbeing**