



Music For Memories

High quality music provision to suit your needs' Fun, interactive, therapeutic singing and music workshops

Evidence has shown that singing and music making have proven significant benefits on health and wellbeing.....

- Improving Memory – particularly helpful to those with memory loss and dementia.
- Improving the efficiency of the cardiovascular system
- Exercising main muscle groups
- Aids the development of motor control and coordination
- Improving posture, concentration
- Increasing the release of endorphins giving us a 'feel good' factor and uplifting our mood
- Increasing confidence and self esteem
- Connecting us to others and isGREAT FUN!

Start Date Friday 12th February 2016 11am

The Madeley Centre, New Road, Madeley For more information and to book you place please contact Debbie Burns on debbieburns123@hotmail.co.uk or Call 07977561989

There is no charge for the sessions but we do ask for a £1 donation towards refreshments.



Sponsored by Staffordshire Local community Fund



Madeley Parish Council

Madeley and District Community Association