



Singing Circle

*Tuesdays,
Jan. 3—Feb. 28
6:30-7:30 PM*

“If you can walk you can dance; if you can talk you can sing.” Zimbabwean proverb

Join our group of singers led by composer, performer, and educator, Julia Haines. The benefits of singing are many: it exercises the brain, helps reduce stress, and can lower blood pressure. Making music in a group has been shown to increase the activity of white blood cells so important in fighting cancer. But don't do it just because it's good for you -- singing is fun!

No experience necessary, no reading music required. Enjoy the uplift, the fun and community of singing with a group -- the more people, the more fun it is!

www.cancersupport-phila.org

215-879-7733

The Cancer Support Community of Philadelphia
The Suzanne Morgan Center
at Ridgeland
4100 Chamounix Drive
Philadelphia, PA 19131

