



**Come And Sing With Us!**  
**Singing Does You Good!**

- **It's fun!**
- **It's therapeutic: good for your lungs and your voice!**  
**And your spirits!**
- **It's sociable - It's a buzz!**

**Just drop in and give it a try!**  
**No need to audition!**

This weekly voice and singing activity is for people with Parkinson's, their carers and friends. Come and join us to sing together. You'll enjoy making music and strengthening your voice. It is supported by Parkinson's ACT.

- When:** Starting April 1st  
Mondays (except public holidays) 10am to 12 noon,  
including a break for tea/coffee and chat!
- Where:** Room 14, Ainslie Arts Centre, Elouera Street Ainslie  
Parking available in front of venue.
- Cost:** \$10 per session
- Enquiries:** Phone Chrissie Shaw 0407 079 748 or email  
[chrissieshaw@apex.net.au](mailto:chrissieshaw@apex.net.au) and leave your name, phone  
number and email address. Chrissie will reply with details.