



ASTHMA+
LUNG UK

SINGING FOR LUNG HEALTH

Music-making and other creative activities can help you feel healthier and more positive – and it seems to be especially good at improving quality of life if you're living with a lung condition.

Our new Singing for Lung Health group in **Glasgow** is run by Rachel Hynes, Asthma + Lung UK's Singing for Lung Health Leader in Scotland!

Rachel runs hybrid sessions to include those recovering from Covid and who have Long Covid, as well as those with other lung conditions. Trained in Singing For Breathing through Asthma + Lung UK, Rachel runs three Singing For Lung Health groups already – 'DAYR To Sing' in Ayr, 'Sing Your Song' in West Kilbride, and St Andrew's Voices SFLH, as well as leading a Singing For Breathing and Well-being group online, with specific Covid -19 funding.

Come along to your local Singing for Lung Health group

When: 12:30 - 1:30pm every Friday

Where: Maryhill Community Center, 35 Avenuepark St, Maryhill, Glasgow G20 8TSM

Contact: Rachel Hynes, 077716 01820
rachelhynes@gmail.com

www.rachelhynes.co.uk

“There's increasing evidence that singing regularly as part of a group is good for your general health and wellbeing.”

Asthma + Lung UK

18 Mansell Street, London E1 8AA

Email: supportgroups@asthmaandlung.org.uk

A+LUK Helpline (open Monday-Friday, 9am-5pm): 0300 222 5800

