

the WARBLERS

singing for lung health group



BREATHLESS? TRY SINGING!

EAST LOTHIAN

MONDAY 2.30-3.45PM

MECA Centre, Haddington Road,
Musselburgh EH21 8JJ

MIDLOTHIAN

TUESDAY* 3.00-4.30PM

St John's & King's Park Church, 31
Eskbank Road, Dalkeith EH22 1HJ

*(apart from the first Tuesday of the month)

For anyone who has a lung condition or is experiencing breathlessness. No singing experience needed. Improve your breathing and connect with others by singing in a fun and relaxed environment.



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**If you have any kind of breathing difficulty then
this could be for you!**

All of our participants love coming together each week. We sing a wide range of songs which are tailored to assist people breathe more easily – and enjoy life more fully. There is a wonderful community spirit; we sing for ourselves and for each other. There is no such thing as a wrong note!

Sessions are facilitated by song leaders who have undertaken training specific to this area.

**Why not come along and give us a try?
You may quickly feel the benefit!**

“After being diagnosed with COPD and asthma, I lost my confidence and was feeling lonely. My GP persuaded me to give The Warblers a call – and I am so glad I did!”

“Everyone was so kind and welcoming in the group, I felt I could relax and just be myself. I wasn't even aware of the good I was giving my lungs – the exercises we do are so gentle – I was having too much fun to notice!”