

# Sing with us!

Nedlands Affinity Club



**Wednesdays 1.30pm - 3.30pm**

**10 Reasons to sing with us!**

- Singing releases feel-good hormones
- Lowers blood pressure
- Boosts immunity
- Lowers anxiety and stress
- Improves breathing
- Improves happiness
- Promotes social bonding
- Improves cognition
- Improves overall health
- Leads to a longer life

Join Ilsa Smith who will help guide you on your way!

**Affinity members:** \$5 **Non-members:** \$7 Dalkeith Hall, 99 Waratah Avenue, Dalkeith.

Please call Marita on **9386 6170** or email [positiveageing@nedlands.wa.gov.au](mailto:positiveageing@nedlands.wa.gov.au) for more information.