

## **THE SKYLARK SINGERS**

### **singing for lung health**



Do you suffer from breathlessness as a result of a lung condition, or Long Covid?

Do you live in North Ceredigion?

A new singing group, specifically for those who suffer from chronic lung conditions, has begun online. We use breathing exercises to strengthen the lungs, and we sing simple songs together.

Research has shown that breathing exercises and singing can improve lung health and reduce the experience of breathlessness, as well as improving our general well-being.

If you, or someone you know, is interested in joining this weekly group on Zoom, please contact the group leader, Susie Ennals. The group meets on a Wednesday from 3-4pm, and is free of charge.

[susie@ennals.org.uk](mailto:susie@ennals.org.uk);

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