

DISCOVER VOCAL HEALTH



A Singing for Life Workshop

This dynamic, practical workshop will help you to:

- understand your voice as an instrument
- master warm-up and cool-down techniques
- practise vocal hygiene essentials
- develop core vocal technique
- maintain long-term vocal health

...and learn how to:

- prioritise your vocal health
- unlock your voice at any age
- sing without strain



Workshop Leader
Nicola Hunt

**APPROPRIATE FOR
ALL ABILITIES**

**Priory Centre, Church Road, Stretton,
Burton upon Trent, Staffordshire DE13 0HE**

SUNDAY 8 JUNE 2025 2-5pm
(registration 1.30-2.00pm)

Tickets: £5

phone: **01530 411178**

email: **brenda18@mypostoffice.co.uk**

online: **trybooking.com/uk/EQWT**



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