

Boost your wellbeing!

Join our music making group

Take part in our music making sessions with OPUS Music CIC at Hillstown Village Hall, S44 6LW. These **FREE**, fun, interactive sessions explore using music to support your health and wellbeing.

What are the benefits?

- Boost your mood
- Reduce stress
- Learn new skills
- Meet new people
- Connect
- Gain confidence

OPUS
Music CIC

Friday
Sessions

1:30pm - 3:00pm

Book your FREE place

April	19
May	3, 17
June	7, 21
July	5, 19
Sept	6, 20
Oct	4, 18
Nov	1, 15
Dec	6, 20

Contact

Ben@opusmusic.org

07920 264 101

www.opusmusic.org



Visit opusmusic.org

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