



Sarah's Star & Live Well With Cancer would like to introduce:

Drumming therapy: a type of music therapy that uses drums and other percussion instruments to help release emotions, reduce stress, boost your mood and much more!

The laughter and joy in the room is infectious

No experience needed, just come along and enjoy the fun!



drumming therapy |

wellbeing | cancer support

Related Documents

• Drumming Therapy.png

Therapeutic Drumming







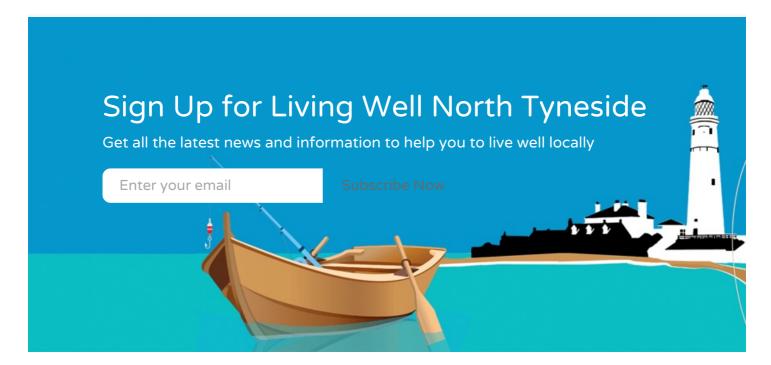
Mitford Room Linskill Centre, North Shields



https://www.sarahs-star.org



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