



Living Well North Tyneside

Supporting Health and Wellbeing



Type: Face to Face

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



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Mitford Room
Linskill Centre,
North Shields



<https://www.sarabs-star.org>



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