



# 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!  
Email: [info@sarahs-star.org](mailto:info@sarahs-star.org) Telephone: 07467688860 Sign Up: <https://bit.ly/3UJQWki>



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Therapeutic Drumming



07467688860



[info@sarahs-star.org](mailto:info@sarahs-star.org)



Mitford Room - Linskill Centre



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



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