

Highfield

MENS CHOIR

Singing

exercises your **heart** and **lungs**
and releases **endorphins**
making you

feel good

New members welcome

Rehearsals at Trinity

(Opposite Halton British Legion)

Tuesday night 7.15 pm.

Phone 07514 529995 for details

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Reasons Why You Should Sing in a Choir

You make so many new friends

Do you love meeting new people? Join a choir – you'll be in heaven. Members come from all walks of life, ages and parts of the world. Music breaks down barriers and there's no better example of that than at a choir.

It's one of the best feelings

Learning music to sing gives you a great sense of achievement.

Singing is a great way to relax

Singing is a great way to help take your mind off all the politics, deadlines and problems that seem to take over your life. Choir is a great escape – we all need to calm our minds sometimes.

Choirs are a great place to network

You never know who you'll meet and what relationships you generate that could hand you the advice that makes all the difference to your life or career.

It's good for your health

Singing has physical benefits because it is an aerobic activity which increases oxygenation in the blood stream and exercises major muscle groups in the upper body, even when sitting

Your friends and family will love watching you perform

It's great being able to invite your friends and family to your concerts – and you know what? They want to watch your concerts. They will be proud, no matter how well or badly you feel the performance went.

Give it a Try

Why not come along, sit in a rehearsal, listen and if it isn't for you can leave it at that.

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