



# Singalong Workshops

Time: 1-2 PM

Dates: Fridays on January 10, 17, 31,  
February 7, 14, 28,  
March 7, 14, 21, 28, 2025

Where: Room 1 at 2398 Yonge St.

Fee: Free

**Limited Space**

To register, contact Dong:

416 486 8666 ext 227; [dongy@vibranthealthcare.ca](mailto:dongy@vibranthealthcare.ca)

- Singing releases endorphins
- Singing gives the lungs a workout
- Singing tones abdominal and intercostal muscles and the diaphragm, and stimulates circulation
- Singing improves aerobic capacity and releases muscle tension
- Singing together fosters social connectedness and belonging