

CENTRE FOR INNOVATION AND RESEARCH IN WELLBEING

# Singing For Wellbeing

Wednesday 16 October 2019 / 12.45 - 2.15pm

Jane Attenborough Studio, Attenborough Centre, University of Sussex

An exploration of how community choir singing can affect women's perceptions of their health and wellbeing in the UK and Norway and whether there is a role for social prescribing of singing by health professionals.



**Dr Sarah Andersen**  
MBBS, MSc, DCH, DGM, MRCP  
GP at Herstmonceux Integrative -  
part of the 'Futurehealth Brighton' project

**FEATURING A LIVE CHOIR PERFORMANCE**

**Email [cirw@sussex.ac.uk](mailto:cirw@sussex.ac.uk) for further details and to book a place**

*Attendance is free but spaces are limited and assigned on a first-come-first-served basis*

**US**

UNIVERSITY  
OF SUSSEX