

# SINGING IN MIND ONLINE CHOIR

It is proven that singing makes you feel great!  
We're bringing the choir experience to anyone who wants to sing, laugh and meet new people.

And don't worry, your voice won't be heard on its own!  
But you will be able to hear your Choir Leader.



**Tuesday 13,20,27 January**  
**1-2pm on Zoom**

MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.

To book your place, you need to register with MFT contact: 01372 375400, text 07929 024722, email [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk) or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk) or scan our QR code



**MFT** MARY FRANCES TRUST  
Inspiring Mental Wellbeing