



# Sing Strong

## CARERS' CHOIR

### ARE YOU A FAMILY CARER?

## JOIN SINGSTRONG CARERS' CHOIR & SING YOUR BLUES AWAY

Improve your mental & physical health; Meet other carers;  
Learn to sing; Get informed; Have some FUN!



### In-person Choir

Join our LIVE in-person singing classes and stay for a chat and a cuppa. Classes are free and open to everyone - no singing experience necessary



### Online Choir

If you can't make our in-person classes, why not join us from the comfort of your own home. Stick around for our online chat rooms to meet other family carers like you.



### Information & Education

Join us for expert sessions on health and wellbeing, delivered by health and social care professionals. You choose the topic and we'll find the expert!



Mr Kenneth Barry  
Family Carer



Dr Róisín Cahalan  
Physiotherapy, UL



Dr Jennifer McMahon  
Psychology, UL



Ms Ciara Meade  
Community Music



Music Generation  
Limerick County  
Chontae Luimnigh



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