

“Where words
fail, MUSIC
speaks”

Hans Christian Anderson

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The choir of HOPE

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Sing your way to health, relaxation and self-confidence!

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Make *music* to nurture your soul

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Have Fun! Make new *friendships*

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Feel the health benefits of *Singing* – decrease stress, improve mood, improve breath control

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Increase your feelings of *self-worth*

Increase your feelings of *self-worth*

Join together with a group of *women* who understand the experience of family violence or abuse

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No singing experience necessary

No singing experience necessary

“Sharing a coffee/tea and morning tea after rehearsal.”

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Friday 10am-12pm weekly Glen Waverley Uniting Church Hall

Deb Leigh has a passion for music, and how it can enrich people's lives. With over 30 years of conducting experience, Deb particularly enjoys the richness of music and the variety of songs and arrangements that can be explored – from pop music, to jazz, gentle classical pieces and rhythmic gospel songs.



Deb is an osteopath and occupational therapist with a heart for sharing music, bringing people together and creating spaces for people to connect and have fun.

"Music has healing power. It has the ability to take people out of themselves for a few hours"

Elton John



Contact Deb

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Generously supported by Glen Waverley Uniting Church

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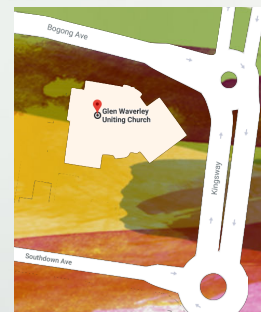
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