

UKULELE for WELLBEING – Exeter

Regular group Ukulele classes in central Exeter, led by an experienced teacher. All welcome!

There is a gentle emphasis on the promotion of good mental health & wellbeing, through the beneficial effects that playing music is known to provide for us all. The group is very friendly & welcoming. We meet at the beautiful St. Michael's Church, as part of the programme of community classes. The church are wonderful hosts, but the classes are not affiliated to any religion.

Currently the group level is '**Intermediate**', but the teaching ethos is all about ensuring that *everyone's learning needs are looked after*. If there is enough interest, a further '**Beginners**' group may start up soon.

Course fees are flexible.

Dates & times: October 3rd, 10th, 17th, 24th. **1 – 3pm**

Location: St. Michael's Church, Mt. Dinham, Dinham Road, Exeter EX4 4EB

Further courses are planned, but details are to be confirmed

For more information, please email:

ukulele.exeter@mailo.com