




Living Well North Tyneside

Supporting Health and Wellbeing

 **Cost:** No Cost

 **Type:** Face to Face

Drumming with Ali

Every second Wednesday of the month 6.30pm-7.30pm

Wednesday 12th February 6.30pm-7.30pm

Wednesday 12th March 6.30pm-7.30pm

Wednesday 9th April 6.30pm-7.30pm

Sarah's Star would like to introduce: Drumming with Ali Use drums and other percussion instruments to help release emotions, reduce stress, boost your mood and much more! The laughter and joy in the room is infectious No experience needed, just come along and enjoy the fun!

Room 11, Linskill Centre



[drumming therapy](#) | [palliative care](#) | [cancer complimentary therapies](#) | [wellness](#) | [stress](#)

Drumming With Ali



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Room 11 Linskill Centre,
North Shields



<https://www.sarahs-star.org>



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