

Music and Mood

wea.org.uk

This 3 week music and mood course will help you to develop an appreciation of how different music can affect your mood. Find your inner creativity and discover how music can improve emotional wellbeing.

Topics may include:

- Explore methods of using music to support wellbeing
- Participate in mindful listening
- Use instruments to express emotions

All abilities welcome, no previous musical experience or knowledge is required.

This course is **Free of Charge** for clients registered with the Mary Frances Trust.

MaryFrancesTrust

Dates: Friday 27th September- (& every Friday for 3 weeks thereafter)

Where: The Brickfield Centre, Epsom, Surrey, KT17 1DL

Time: 11am- 1pm

Facilitator: Rosalyn Curwen

To book please first contact:

Mary Frances Trust on-01372 375400, or email:

Info@maryfrancestrust.org.uk

After gaining a pin number from the Mary Frances Trust please book your place online at www.wea.org.uk

Course reference C3744915 or phone 0300 303 3464



Education & Skills
Funding Agency



The WEA is a charity registered in England and Wales (no. 1112775) and in Scotland (no. SC039239).



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