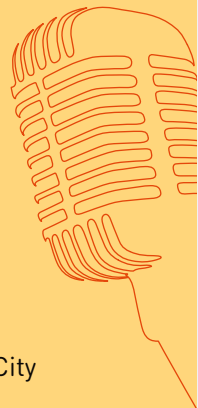


## Weekly Sessions (English)

- Mon, 11am-12nn Wellness Kampung @ Nee Soon Central  
765 Yishun Street 72, #01-366, S 760765
- Mon, 7.30pm-8.30pm Yishun Public Library Programme Zone  
930 Yishun Ave 2, North Wing, Northpoint City  
#04-01, S 769098



## 课程表 (中文)

- 每周三,  
早上11点-12点 养身村 (忠邦)  
义顺环路 (Yishun Ring Road) 大牌 115  
#01-495, S 760115
- 每周三,  
中午1点-2点 养身村 (义顺东)  
义顺22街 大牌 260  
#01-87, S 760260

Information accurate as of Nov 2022  
讯息更新于2022年11月

[www.ktp.com.sg/community-resources](http://www.ktp.com.sg/community-resources)



吸口气,  
唱一句!



# Breathe In, Tune Up!

活动由社区主办,  
与义顺保健集团合作:

Community-led,  
in partnership with:



Tune UP is a community singing programme for persons who experience breathlessness.\*.

\* Tune UP is not a replacement for pulmonary rehabilitation.



《唱起来》是一项为有呼吸困难的人提供的社区歌唱活动。

\*《唱起来》并非替代肺部康复治疗。

## How does singing help you?



Breathe more slowly and deeply



Improve your posture to ease your breathing



Strengthen your core muscles to improve mobility



Gain better control of your breathing to reduce anxiety

## 歌唱功能如何帮助您?



缓慢和做更深入的呼吸



改善姿势，舒缓呼吸



增强您的核心肌肉组织，加强身体的活动性能



更好地控制呼吸气道，减低焦虑情绪

## Programme Overview

You will be guided by singing instructors certified by the British Lung Foundation Singing for Lung Health programme.

Tune UP is suitable for adults with breathlessness which affects daily activities.

This includes conditions such as:

- **Chronic Obstructive Pulmonary Disease (COPD)**
- **Asthma**
- **Heart failure**
- **Post-Covid condition**
- **Chronic smokers**

### REGISTRATION

Phone: **8044 7591**

**(Mon-Fri, 9am-5.30pm)**

Email: [tuneup@ktph.com.sg](mailto:tuneup@ktph.com.sg)

Please include your contact number for ease of contact.

**Cost: No fees required!**

## 课程节目流程

此活动是由英国肺脏基金会 British Lung Foundation 派出有认证的歌唱教练来指导。

《唱起来》适合由于呼吸困难，而日常活动有受到影响的成年人。

譬如：

- 慢性阻塞性肺疾病
- 哮喘病
- 心脏衰竭
- 冠病后遗症
- 长期吸烟者

## 报名

电话: **8044 7591**

**(星期一至五, 早上9点至中午5点半)**

电邮: [tuneup@ktph.com.sg](mailto:tuneup@ktph.com.sg)

为了方便联络您，请提供您的电话号码。

**无需付费!**