

# Drumming for Stress Relief

Try joining this drumming circle for a great experience that will improve your mood, help you de-stress, and make new friends. Prior drumming skill is not required—this session is about having fun!

**10.30 am, Wednesday, 14 December 2022**

**Kent House Activities Room,  
141 Faulkner Street, Armidale**

**It's Free and it's Fun so Book Now—**

**Ph: 026770 3838 or Email: [jdavies@armidale.nsw.gov.au](mailto:jdavies@armidale.nsw.gov.au)**

