



## MAKING HARMONY WITH HARMONICA (口琴的故事)

Music is a wonderful tool to relax and soothe your mind. Wind instruments have been particularly known to cause immense health benefits. Playing harmonica improves your breathing, which leads to an increase in lung capacity and oxygen storing capacity. Come and stay healthy while blowing away your blues.

### Course Description

Interesting highlights of the programme include:

- Participants will learn notes and basic techniques of playing harmonica
- Participants will be able to play at least 5 songs at the end of the course, depending on individual progression

*(Not suitable for those who are familiar with the description mentioned above. Please note that this is a basic course.)*

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### Application Procedure

You can apply through one of the following ways:

- 1) Application can be made personally at [Family Central](#)
- 2) SMS to 9776 8550 (Full name + NRIC + Course Name + Run No.) or Email to Joanne Tan at [tanmuyong@fycs.org](mailto:tanmuyong@fycs.org)

### Payment Procedure

Payment can be made via cheque, cash or NETS.  
**(Payment is required for confirmation of place.)**

### Class Details

#### Course Date:

Run 4: 26 Sep, 3, 10, 17, 24,  
31 Oct, 7, 14 Nov (Tue)

Run 5: 14, 17, 21, 24, 28 Nov  
1, 5, 8 Dec (Tue and Fri)

#### Time:

Run 4: 2:00pm – 4:00 pm  
Run 5: 10:00am – 12:00pm  
(2 hours)

#### Closing Date for Registration:

Run 4 – 19 Sep 2017  
Run 5 – 31 Oct 2017

#### Venue:

Run 4 – 298 Tiong Bahru Road, Level 10  
Training Room 1, Tiong Bahru Central  
Plaza, S(168730)

Run 5 - 298 Tiong Bahru Road, Level 10  
Training Room 1/2, Tiong Bahru Central  
Plaza, S(168730)

#### Duration

16 hours (8 sessions)

#### Course Fee

Fees Payable: **\$84**  
(Materials inclusive)

#### Pre-requisites

- a) 50 years old & above
- b) Singaporean or Singapore PR
- c) Must be able to read, understand and converse in simple English
- d) Need to provide own chromatic harmonica or purchased from trainer (Golden Cup brand is recommended)

1. All information is accurate at the point of printing and distribution, and subjected to changes without prior notice.
  2. The organiser reserves the right to postpone or cancel the programme due to unforeseen circumstances or low enrolment.
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NATIONAL  
ACADEMY

Organised By:

**Family**  
Central  
a member of the Red Cross Community Services

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Ageing Well