

Creative Space

artist-led online workshops for people living with long covid

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Experience the positive health impacts of engaging with the creative arts, whilst connecting with others facing the challenges of long covid.

In twice-weekly FREE Zoom workshops, artist practitioners lead a range of optional activities for people living with long covid living in Suffolk Northeast Essex.

Relax with a guided visual arts session, or learn breathing and singing exercises to help manage respiratory symptoms.

"It really lifts your spirits."

- participant

Tuesdays 1.30 – 2.30pm

Thursdays 6.30 – 7.30pm

From Tuesday 10th January 2023

[CLICK HERE](#) to receive a Zoom link or email us for more info:
coherearts@gmail.com



East Suffolk and North Essex
NHS Foundation Trust