

Sangkraft Kalundborg

Syng dig til glæde og energi! Lige her i Svebølle 🎵

Vil du styrke din mentale og fysiske sundhed gennem sang?

Så kom og vær med i sundhedskoret, der er fyldt med sang, fællesskab og glæde. Når vi synger sammen, frigives glædesstoffer som endorfiner, dopamin og oxytocin – kroppens egne velvære-boostere. Det kræver ingen sangerfaring, blot du har lyst til at opleve sangens positive effekt på humøret gennem sangfællesskabet. Vi gi'r en kop kaffe bagefter, hvis du har lyst.

Vi søger 20-25 personer i alle aldersgrupper

- ung som gammel.



Har du lyst til at være en del af vores sangfællesskab og styrke både humør og velvære, så skynd dig at tilmelde dig online. (Link nederst)



Dirigent: Lisbet Nyman Riber



Sundhedskor er et samarbejde mellem Sangkraftcenter Kalundborg

[Kalundborg Kommune]([Skole Kalundborg\]\(\[\\[Spar Nord Fonden\\]\\(\\[\\\[Spar Nord Fonden\\\]\\\(\\\[\\\\[Spar Nord Fonden\\\\]\\\\(\\\\[\\\\\[Spar Nord Fonden\\\\\]\\\\\(\\\\\[\\\\\\[Spar Nord Fonden\\\\\\]\\\\\\(\\\\\\[\\\\\\\[Spar Nord Fonden\\\\\\\]\\\\\\\(\\\\\\\[\\\\\\\\[Spar Nord Fonden\\\\\\\\]\\\\\\\\(\\\\\\\\[\\\\\\\\\[Spar Nord Fonden\\\\\\\\\]\\\\\\\\\(\\\\\\\\\[\\\\\\\\\\[Spar Nord Fonden\\\\\\\\\\]\\\\\\\\\\(\\\\\\\\\\[\\\\\\\\\\\[Spar Nord Fonden\\\\\\\\\\\]\\\\\\\\\\\(\\\\\\\\\\\[<https://www.musiskskole.dk/undervisningstilbud/...>\\\\\\\\\\\]\\\\\\\\\\\(https://www.facebook.com/sparnordfonden?__cft__\\\\\\\\\\\[0\\\\\\\\\\\]=AZa6jcDKBcFr4P4j-Z7ZFf2qg5a3S7v4mUlj9yHouXT-Nr8dFjHVSnb75FezokO6QMjMs8fyQzQEbbpZ_a7XKC1UuD4MTtlWqbwJ-11yFCBqe6uBvsVS4roZ1E_El1_Gd2RC52Hk404cTzr2pExBearVJ5kUfutPWnFqXb8JwJJIPnKQn1X4RO9ddBsWbUSqQDY&__tn__=-\\\\\\\\\\\]K-R\\\\\\\\\\\)\\\\\\\\\\\)</p></div><div data-bbox=\\\\\\\\\\\)\\\\\\\\\\]\\\\\\\\\\(https://www.facebook.com/sparnordfonden?__cft__\\\\\\\\\\[0\\\\\\\\\\]=AZa6jcDKBcFr4P4j-Z7ZFf2qg5a3S7v4mUlj9yHouXT-Nr8dFjHVSnb75FezokO6QMjMs8fyQzQEbbpZ_a7XKC1UuD4MTtlWqbwJ-11yFCBqe6uBvsVS4roZ1E_El1_Gd2RC52Hk404cTzr2pExBearVJ5kUfutPWnFqXb8JwJJIPnKQn1X4RO9ddBsWbUSqQDY&__tn__=-\\\\\\\\\\]K-R\\\\\\\\\\)\\\\\\\\\\)</p></div><div data-bbox=\\\\\\\\\\)\\\\\\\\\]\\\\\\\\\(https://www.facebook.com/sparnordfonden?__cft__\\\\\\\\\[0\\\\\\\\\]=AZa6jcDKBcFr4P4j-Z7ZFf2qg5a3S7v4mUlj9yHouXT-Nr8dFjHVSnb75FezokO6QMjMs8fyQzQEbbpZ_a7XKC1UuD4MTtlWqbwJ-11yFCBqe6uBvsVS4roZ1E_El1_Gd2RC52Hk404cTzr2pExBearVJ5kUfutPWnFqXb8JwJJIPnKQn1X4RO9ddBsWbUSqQDY&__tn__=-\\\\\\\\\]K-R\\\\\\\\\)\\\\\\\\\)</p></div><div data-bbox=\\\\\\\\\)\\\\\\\\]\\\\\\\\(https://www.facebook.com/sparnordfonden?__cft__\\\\\\\\[0\\\\\\\\]=AZa6jcDKBcFr4P4j-Z7ZFf2qg5a3S7v4mUlj9yHouXT-Nr8dFjHVSnb75FezokO6QMjMs8fyQzQEbbpZ_a7XKC1UuD4MTtlWqbwJ-11yFCBqe6uBvsVS4roZ1E_El1_Gd2RC52Hk404cTzr2pExBearVJ5kUfutPWnFqXb8JwJJIPnKQn1X4RO9ddBsWbUSqQDY&__tn__=-\\\\\\\\]K-R\\\\\\\\)\\\\\\\\)</p></div><div data-bbox=\\\\\\\\)\\\\\\\]\\\\\\\(https://www.facebook.com/sparnordfonden?__cft__\\\\\\\[0\\\\\\\]=AZa6jcDKBcFr4P4j-Z7ZFf2qg5a3S7v4mUlj9yHouXT-Nr8dFjHVSnb75FezokO6QMjMs8fyQzQEbbpZ_a7XKC1UuD4MTtlWqbwJ-11yFCBqe6uBvsVS4roZ1E_El1_Gd2RC52Hk404cTzr2pExBearVJ5kUfutPWnFqXb8JwJJIPnKQn1X4RO9ddBsWbUSqQDY&__tn__=-\\\\\\\]K-R\\\\\\\)\\\\\\\)</p></div><div data-bbox=\\\\\\\)\\\\\\]\\\\\\(https://www.facebook.com/sparnordfonden?__cft__\\\\\\[0\\\\\\]=AZa6jcDKBcFr4P4j-Z7ZFf2qg5a3S7v4mUlj9yHouXT-Nr8dFjHVSnb75FezokO6QMjMs8fyQzQEbbpZ_a7XKC1UuD4MTtlWqbwJ-11yFCBqe6uBvsVS4roZ1E_El1_Gd2RC52Hk404cTzr2pExBearVJ5kUfutPWnFqXb8JwJJIPnKQn1X4RO9ddBsWbUSqQDY&__tn__=-\\\\\\]K-R\\\\\\)\\\\\\)</p></div><div data-bbox=\\\\\\)\\\\\]\\\\\(https://www.facebook.com/sparnordfonden?__cft__\\\\\[0\\\\\]=AZa6jcDKBcFr4P4j-Z7ZFf2qg5a3S7v4mUlj9yHouXT-Nr8dFjHVSnb75FezokO6QMjMs8fyQzQEbbpZ_a7XKC1UuD4MTtlWqbwJ-11yFCBqe6uBvsVS4roZ1E_El1_Gd2RC52Hk404cTzr2pExBearVJ5kUfutPWnFqXb8JwJJIPnKQn1X4RO9ddBsWbUSqQDY&__tn__=-\\\\\]K-R\\\\\)\\\\\)</p></div><div data-bbox=\\\\\)\\\\]\\\\(https://www.facebook.com/sparnordfonden?__cft__\\\\[0\\\\]=AZa6jcDKBcFr4P4j-Z7ZFf2qg5a3S7v4mUlj9yHouXT-Nr8dFjHVSnb75FezokO6QMjMs8fyQzQEbbpZ_a7XKC1UuD4MTtlWqbwJ-11yFCBqe6uBvsVS4roZ1E_El1_Gd2RC52Hk404cTzr2pExBearVJ5kUfutPWnFqXb8JwJJIPnKQn1X4RO9ddBsWbUSqQDY&__tn__=-\\\\]K-R\\\\)\\\\)</p></div><div data-bbox=\\\\)\\\]\\\(https://www.facebook.com/sparnordfonden?__cft__\\\[0\\\]=AZa6jcDKBcFr4P4j-Z7ZFf2qg5a3S7v4mUlj9yHouXT-Nr8dFjHVSnb75FezokO6QMjMs8fyQzQEbbpZ_a7XKC1UuD4MTtlWqbwJ-11yFCBqe6uBvsVS4roZ1E_El1_Gd2RC52Hk404cTzr2pExBearVJ5kUfutPWnFqXb8JwJJIPnKQn1X4RO9ddBsWbUSqQDY&__tn__=-\\\]K-R\\\)\\\)</p></div><div data-bbox=\\\)\\]\\(https://www.facebook.com/sparnordfonden?__cft__\\[0\\]=AZa6jcDKBcFr4P4j-Z7ZFf2qg5a3S7v4mUlj9yHouXT-Nr8dFjHVSnb75FezokO6QMjMs8fyQzQEbbpZ_a7XKC1UuD4MTtlWqbwJ-11yFCBqe6uBvsVS4roZ1E_El1_Gd2RC52Hk404cTzr2pExBearVJ5kUfutPWnFqXb8JwJJIPnKQn1X4RO9ddBsWbUSqQDY&__tn__=-\\]K-R\\)\\)</p></div><div data-bbox=\\)\]\(https://www.facebook.com/musiskskole?__cft__\[0\]=AZa6jcDKBcFr4P4j-Z7ZFf2qg5a3S7v4mUlj9yHouXT-Nr8dFjHVSnb75FezokO6QMjMs8fyQzQEbbpZ_a7XKC1UuD4MTtlWqbwJ-11yFCBqe6uBvsVS4roZ1E_El1_Gd2RC52Hk404cTzr2pExBearVJ5kUfutPWnFqXb8JwJJIPnKQn1X4RO9ddBsWbUSqQDY&__tn__=-\]K-R\)\) og er støttet af</p></div><div data-bbox=\)](https://www.facebook.com/Kalundborgkommune?__cft__[0]=AZa6jcDKBcFr4P4j-Z7ZFf2qg5a3S7v4mUlj9yHouXT-Nr8dFjHVSnb75FezokO6QMjMs8fyQzQEbbpZ_a7XKC1UuD4MTtlWqbwJ-11yFCBqe6uBvsVS4roZ1E_El1_Gd2RC52Hk404cTzr2pExBearVJ5kUfutPWnFqXb8JwJJIPnKQn1X4RO9ddBsWbUSqQDY&__tn__=-]K-R)) og [Musisk</p></div><div data-bbox=)