



# HARMONY IN C

A community choir to enhance  
the quality of life and health  
of adults affected by cancer  
in South-Western Sydney

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## Exploring the potential of harmony singing for wellbeing and cancer literacy

We invite you to a musical experience that promises to uplift your spirits and broaden your understanding of the remarkable effects of harmony singing.

Introducing HARMONY IN C, a pilot program exploring the potential of community choir for individuals affected by cancer — patients, caregivers, and dedicated hospital staff like yourself. Harmony in C is a pilot project by Western Sydney University and Health Literacy, Multicultural Services, SWSLHD.

**Tuesday 20 June 2023**  
**5:30 PM - 6:30 PM**  
**Ground Floor, Campbelltown Hospital**  
**Therry Road, Campbelltown**  
**NSW 2560**

We assure you that active participation in singing is not required. You are warmly encouraged to simply attend, absorb the experience, and explore the potential of harmony singing for personal wellbeing and the wellbeing of others.

Limited spots are available, so please RSVP by replying to this email to secure your place. If you have any questions or concerns, we are here to address them.

Step into a world of harmony and allow the melodies to soothe your soul. We look forward to welcoming you to HARMONY IN C!

RSVP your details to:  
SWSLHD-HealthLiteracy@health.nsw.gov.au  
Enquiries: Michael.camit@health.nsw.gov.au  
Mobile: 0402 730 791

South Western Sydney  
Local Health District



HARMONY IN C aims to enhance wellbeing and cancer literacy through community singing. We understand that your schedules are demanding, which is why we've carefully crafted an event that allows you to simply sit back, listen, and absorb the positive vibrations.

**Discover the Healing Power:**  
Immerse yourself in the captivating sounds of harmony singing

**Learn about HARMONY IN C:**  
Gain insight into this pilot program that aims to create a supportive community and improve cancer literacy among participants.

**Connect with like-minded Individuals:**  
Engage with patients, caregivers, and fellow hospital staff in an atmosphere of camaraderie and support.

**Recharge and Reflect:**  
Take this opportunity to unwind, recharge, and find solace in the harmonious atmosphere as you bid farewell to the workday.