KERR COUNTY+ WELLBEING CAMPAIGN

A little connection goes a long way.

COMMUNITY ACTIVITY

YOU'RE INVITED

A Little Christmas, A Little Solstice

Songs for the season. All voices welcome.

There's room for you here.

The holidays bring a little of everything. Joy, memories, laughter, and sometimes a longing for connection. Join **Sarah Bentley of Heart Body Song** for an hour of singing together. We'll share a few familiar Christmas carols, some songs of winter and light, and a little unexpected magic.

No singing experience needed. No perfect voices required. Just bring yourself, a warm drink, and a willingness to sing from wherever you are.

WHEN	WHERE	WHO CAN JOIN	COST
Sunday, December 20, 2026 **4:00 to 5:00 PM**	Online via Zoom – link to be shared after registration	Open to all	Free

GOOD TO KNOW

We'll begin with gentle movement and easy warm-ups, then sing simple songs together. No experience or sheet music needed! Some songs will be joyful, others reflective. Sing, hum, or just listen. No pressure to perform or share.

Joining from home? Bring a warm drink, get comfortable, and sing along. Camera off and microphone muted are fine. All voices welcome. Even the ones usually reserved for the shower.

WANT TO JOIN US?

Scan the QR code to sign up or click here.

Questions? Get in touch with Sarah Bentley at sarahsiresbentley@gmail.com or the Y'all OK? Campaign at info@yallok.org