

# Sound Bath Wellness



Adults aged 60 and above, you are invited to immerse yourself in a soothing experience filled with healing sounds and vibrations during this educational program. Enhance your health and wellness while enjoying a tranquil atmosphere.

Please bring a blanket and pillow. Mats provided.

**To register, call Amber at (815) 221-6013**



**Date:** Wednesday, May 13, 2026

**Time:** 10:00- 11:00am

**Location:** Frankfort Township Event Center  
20701 Landings Pointe, Frankfort

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