



Announces the next Community Connection

## **Health and Wellness Series**

# **Meditative Sound Bath**



**Wednesday, June 12<sup>th</sup> at 6:00 pm**

Amy H. Levin Learning and Conference Center

1165 North Ridge Rd. Lorain, OH. 44055

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“Discover the power of harmonious sounds to promote balance and enhance your overall well-being. At Cleveland Sound Healing, I provide a holistic approach to nurture your mind body and soul. By harmonizing the vibration and frequencies of sound, I aim to empower you on your journey towards optimal well-being.

-Lesley Turski, Certified Sound Healing Practitioner  
& Founder of Cleveland Sound Healing LLC.

You can remain seated in a chair or lay on a yoga mat. Bring a pillow if you wish. **Call to register and/or arrange for transportation:**

(440)240-8477 or email [office@nami-lc.org](mailto:office@nami-lc.org)