Mid-Carolina Regional Council

Area Agency on Aging

PRESENTS

Unwind & Relax

Group Sound Bath

WITH

Eva Nelson-Brown

Take time for yourself. Join us for a calming group sound bath experience designed to reduce stress, restore balance, and promote well-being.



- Reduce Stress
- Increase Relaxation
- Restore Balance
- Support Overall Well-Being

TUESDAY	TUESDAY	TUESDAY	TUESDAY
NOVEMBER 10	**DECEMBER 8**	**JANUARY 12**	**FEBRUARY 8**
10:00 AM – 11:00 AM	10:00 AM – 11:00 AM	10:00 AM – 11:00 AM	10:00 AM – 11:00 AM

LOCATION

6205 Raeford Road, Fayetteville, NC

LIMITED SPACE AVAILABLE

CONTACT

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NORTH CAROLINA Family Caregiver Support Program

MID-CAROLINA REGIONAL COUNCIL

Creative Regional Solutions