



Mark Your
Calenders!

FREE EVENT

(Sudbury residents only)

Self-Care Sound Bath

May 14, 2026 | 7:00PM to 8:00PM

Event Location: Goodnow Library Community Room

Take an hour to Rest, Reset & Reconnect

Free Admission: This Event is for Sudbury Residents Only | Yoga mats provided |
Feel free to bring a blanket or pillow for extra comfort

What You May Feel

- Deep relaxation
- Calm & stillness
- Warmth or gentle tingling
- Emotional release
- Mental clarity

What to Expect:

- Cozy space to lie down & relax
- Guided breathing to settle in
- Immersive healing sounds
- Optional hands-on energy healing
- Gentle share circle at the end (optional)

Benefits

- Reduces stress & anxiety
- Calms the nervous system
- Improves sleep
- Supports emotional balance
- Leaves you grounded & refreshed

Sudbury
Health Department



To Sign-Up for the Event Follow the Link Below
[signupgenius.com](https://www.signupgenius.com)



May
Mental
Health
Month