



**AUGUST 28, 2019,
WEDNESDAY
SOUND HEALING 101
7:00-8:30 pm**

Learn how and why sound healing works. Discover available sound healing options. Get an in-person taste of sound healing. You don't have to consider yourself "musical" to enjoy this program.

For information contact Dana Jefferson at wintersjoy74@gmail.com or 814-643-4260.



**Instructors: Tracy
Lake & Dana
Jefferson**

Cost: \$5.00

**"Do you know our soul is
composed of harmony?"
Leonardo daVinci**

**Bring a blanket or
yoga mat.**

**Learn techniques for
stress reduction.**

**HUNTINGDON HEALTH &
WELLNESS ASSOCIATION**

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