



ASHLAND FAMILY YMCA HEALTH & WELLNESS Wellness Wednesday



Understanding Sound Healing

Discover how sound and vibration support relaxation, stress relief, and mind–body balance. In this interactive Wellness Wednesday, you’ll explore the science behind sound healing, learn how sound affects the nervous system, and experience simple, practical tools you can use for grounding and self-care—no prior experience needed. Accessible, evidence-informed, and designed for whole-person wellness.

For more information and to register, SCAN the QR code or navigate to <https://ashlandymca.org/>



WED. 4/1/26



12:00P-1:00P

**FREE - Y Members
\$5 Community**

**Pre-registration
recommended as
space is limited.**

