achēv SENIORS ENGAGE & THRIVE



SOUND BATH FOR SENIORS: IN-PERSON SESSION

Tuesday, November 3, 2026

11:00 a.m. - 12:00 p.m.

Venue: 7420 Airport Rd, Unit 104, Mississauga (Malton) L4T 4E5

Experience deep relaxation and renewal through a guided Sound Bath session. Using the soothing tones and vibrations of crystal singing bowls and other therapeutic instruments, participants will be invited to unwind, reduce stress, and promote a sense of calm and well-being. No experience is necessary. Come dressed comfortably and enjoy this restorative wellness experience.

Limited spots available. Registration is required to attend this event

For questions, email:

maltonNIC@achev.ca

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