# Soothing Sound Bath Ambleside

St Mary's Hospice
Compassion and care closer to home

**Open to those with life-limiting conditions, carers, and those experiencing grief**

**Tuesday 4th May**

**5:30pm - 7:00pm**

**Kelsick Grammar**
**Stockghyll Lane**
**Ambleside**
**LA22 0QY**

**To book, call: 01229 444407**

**A time to rest and unwind with a guided relaxation accompanied by the sounds of singing bowls and other instruments**



**Scan me for more info**

**Need more info?** Visit stmaryshospice.org.uk
or call 01229 444407

RCN 517738
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