



Blacktown Women's and Girls' Health Centre

6 Prince Street, Blacktown NSW 2148 | P: 02 9831 2070 | F: 02 9831 2344

E: info@womensandgirls.org.au | W: www.womensandgirls.org.au

SOUND THERAPY

MONDAYS

11:30 - 12:30



Sound therapy offers a range of benefits for physical, mental, and emotional well-being, including stress reduction, pain relief, improved sleep, and enhance mood.

It works by utilising sound frequencies and vibrations to promote relaxation and well-being.

Please call Reception on **9831 2070** to book your spot

Please Note: There is no onsite parking for clients or visitors.