



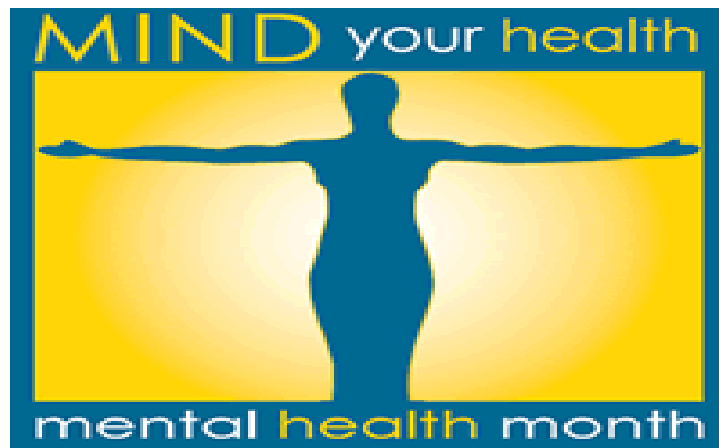
May is Mental Health Month

Join us for a feel good day and techniques
for healthy living!

Mind Your Health

Berkeley Mental Health invites you to improve
your Mind-Body connection at an informative and an inspirational event.

Yoga



Meditation

When: Saturday, May 12, 2012

Where: North Berkeley Senior Center
1901 Hearst Ave.
Berkeley, CA94709

Time: 2- 4:30 P.M.

Activities for children

Free refreshments

Free informational table available.
For additional information contact: (510) 981-5270