



# 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