



# St Columba Health Cabinet

presents





*May Is Mental Health Awareness Month 2018*

## HEALING THE MIND, BODY & SOUL

**Saturday, May 26, 2018**

**10:30 AM – 1:30 PM**

**(Doors open at 10 AM)**

-  Art with Impact short film with panel discussion
-  Educational / informational resources
-  Light fare and refreshments!
-  Mindfulness guided meditation; healthy eating & cooking demo; art gallery and more.

For more information contact:  
Haley Arterberry (510) 917-9697  
or  
St Columba Church Office  
(510) 654-7600



**#SaintCSpeaks**

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