



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

**St Columba Catholic Church Parish Hall
6401 San Pablo Ave, Oakland, CA 94608
www.stcolumba-oak.com**