

May is Mental Health Awareness Month

TOOLS TO THRIVE



Participate in 4 or more events for your chance to win!

Learn more at www.communityhealthcouncil.com/mentalhealth

MAY 3, 12PM

Building Resiliency, Mike Ritter

<http://bit.ly/ResiliencyMH>

MAY 6, 12PM

Intro to Meditation, Kim Crider

<http://bit.ly/MeditationMH>

MAY 9, 2PM

Wildflower Wellness Walk, Governor Dick Park

Call (717) 964-3808 to register. Fee required.

MAY 11, 12PM

Mindfulness and Nature, Dr. Jane Zendarski

<http://bit.ly/MindfulnessNatureMH>

MAY 17, 12PM

Intro to Qigong, Vandon Tricamo

<http://bit.ly/QigongMentalHealth>

MAY 20, 12PM

Exercise for Endorphins, Darin Pickles

<http://bit.ly/ExerciseEndorphinsMH>

MAY 22, 10AM

Intro to Labyrinth Walking, Governor Dick Park

Call (717) 964-3808 to register. Fee required.

MAY 25, 12PM

Yoga for Balance and Self-Healing, Melanie Wells

<http://bit.ly/YogaBalanceMH>

MAY 26, 12PM

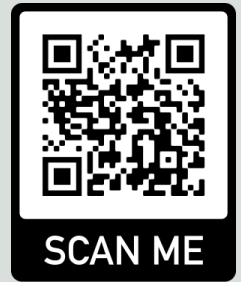
Mind-Body Work and Healing, The Wellness Point

<http://bit.ly/MindBodyWorkMH>

May is Mental Health Awareness Month

Attend 4 or more events for your chance to win!

Each presentation will include a "code word" that unlocks your chance to win. Write down the "code word" next to each presentation you attend and email to ahenning@lebanon.k12.pa.us or enter online using the QR code.



Name:

Phone Number:

CODE WORD

Presentation Title, Date

Building Resiliency, May 3

Intro to Meditation, May 6

Wildflower Wellness Walk, May 9

Mindfulness and Nature, May 11

Intro to Qigong, May 17

Exercise for Endorphins, May 20

Intro to Labyrinth Walking, May 22

Yoga for Balance and Self-Healing, May 25

Mind-Body Work and Healing, May 26

Be on the lookout for positive messaging in participating parks throughout the community all month long.

