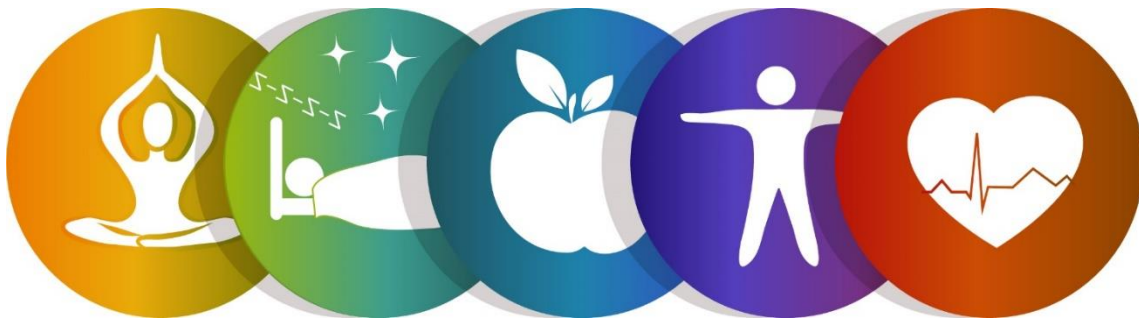




City of Berkeley Mental Health Division  
 &  
 Berkeley Mental Health Commission  
 May is Mental Health Month 2022



Take Action for Community Mental Health Wellness



Ending Mental Health Stigma and Discrimination

Join us at this fun and interactive event:

**Raffle Prizes**



**Awards**

Healthy Eating Tips

**Relaxation**

&

**Stress Release Tips**



**Energizing Movement**

**Magical fun & laughter**

**Music**

**Free Zoom/Call-In Community Event!**

**When: Wednesday, May 25, 2022**

**Time: 5:30 - 7:30 P.M.**

**Zoom Registration Link:**

[https://us06web.zoom.us/webinar/register/WN\\_GoUKdRC5RuyDCVx8nwHfsw](https://us06web.zoom.us/webinar/register/WN_GoUKdRC5RuyDCVx8nwHfsw)

**Telephone option: Dial: US: +1 669 900 6833 Webinar ID: 816 4887 6503**

**For additional information contact: (510) 981-5290**