



# MAY IS MENTAL HEALTH MONTH FITNESS #4 MIND 4 BODY

Join the EBC Counseling Ministry on Thursday,  
May 24, 2018 at 7:00 pm

May is Mental Health Month. Come out and join our EBC Counseling Ministry as they explore techniques to improve your overall mental health! Your health should be your priority!



Nutrition Tips

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Healthy Snacks

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Relaxation and  
Meditation

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Exercise  
Demonstrations

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Youth/Stress  
and Spirituality  
Discussion

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