

# Meditation

## WITH A COP

Join the Chapel Hill Police Department and Orange County Sheriff's Office to celebrate **Mental Health Month!** You'll meet and get to know local law enforcement officers who serve and protect our community, while learning together about the importance of meditation and self-care!

Bring the kiddos, friends or the whole family for music, free goodies and a meditation session with Joe Gilbert, Certified Mindfulness Meditation Teacher with Cedar Walk Wellness Center.

**Register at 919-968-2070 by Monday, May 22.**

*Hosted by the Mental Wellness and Intergenerational Senior Resource Teams.*



# Tuesday, May 23 • 2-3pm

Seymour Center 2551 Homestead Rd. Chapel Hill, NC

**FREE!**

