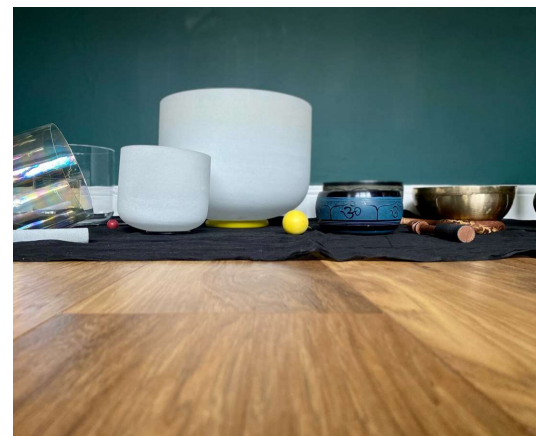


May East Baltimore Well- being Break



May is Mental Health month. Join Health Promotion and Well-being and SON learner Kelsey Sabo for a well-being break featuring a Soundbath. No water- just relaxing sounds. Please bring your own towel or yoga mat to lie on floor. Alternatively, you can participate sitting in chair. This event begins at 11:30am. We will have resources, tea, and light snacks. The Soundbath begins promptly at 12:00 noon. All JHU affiliates are welcome.

For disability accommodations please contact Carol Spencer: cspenc29@jhu.edu



5.31.23

11:30AM-1:00PM

Feinstone Hall,
Bloomberg School of
Public Health



**Register by scanning this
QR code or visiting
Hopkins Groups.**