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**Mental Health  
Awareness  
Month**  
*“Free Your Mind”*  
**May 12th-18th**



**During the week of May 12th-18th, the National Health Committee would like for you to practice one of the four Meditation techniques.**

**1**

Mindful Meditation

**2**

Spiritual Meditation

**3**

Guided Meditation

**4**

Movement Meditation

**National Health Committee**

**National Coalition of 100 Black Women, Inc.**