



## May is Mental Health Month

Calling all "BRUHz" in Law Enforcement  
Police Officers, Sheriff Deputies, Correctional Officers, Parole/Probation  
Officers, Federal Agents, Military/Veterans, Sergeants, Captains,  
Highway Patrol, State Police; etc.  
(former/active)

2018 Mental Health Theme is "Fitness 4Mind 4Body"  
Please join us for a presentation on

# OFFICER WELLNESS

By Kareem Puranda, LPC, LCAS

Saturday, May 19, 2018

9am – 12pm

3301 Statesville Ave, Charlotte, NC 28206

Sponsored by



Self-Talk Counseling &  
Consulting, PLLC  
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www.selftalkcounseling.com



Kareem Puranda, is a former officer turned counselor who helps law enforcement officers improve the self-awareness needed to manage their careers effectively!

Light Refreshments Provided



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