



NEWS from the Shelby County Mayor's Office

Lee Harris, Mayor

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FOR IMMEDIATE RELEASE

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**Commissioner Brandon Morrison and Mayor Lee Harris Announce healthyShelby '19
Breath Coaching Program**

A certified breath coach will teach program on how to breathe through stress.

Memphis, TN – The healthyShelby '19 awareness campaign continues in February with a breath workshop for Shelby County Commissioners, their staff, the media, and the public. XPT and Art of Breath certified coach and Symmetry Founder Taylor Somerville will teach participants how to control stress, increase productivity, and improve overall wellness by incorporating some simple breathing techniques into their lives.

“As Shelby County Government heads into budget season, there is no better lesson than how to breathe through tense and stressful situations,” says Mayor Harris. “I am looking forward to learning more about how the breath can impact well-being.”

“Mental health and stress management are often elements that people don't give enough consideration to when it comes to overall health,” says Commissioner Morrison. “Learning some sound breathing techniques should be a valuable lesson for the Commission and those present at the meeting.”



“Humans were not designed for the chronic low-grade stress modern life places on us,” says Somerville. “We must learn to handle this stress in a proper manner and the breath is one of the quickest ways to change your mental state. Learning to access your breath will allow you to go from tense and stressed out to calm and relaxed.”

The coaching session will take place at the beginning of Monday’s Shelby County Commission Meeting.

Symmetry Breath Class
February 11th, 2019
3:30pm
160 North Main, Commission Chambers

The Symmetry Breath Class is the third in a series of programs designed to outline the Mayor’s health priorities: healthy eating, physical fitness, and mental health. In December, the Mayor’s Office hosted a vegan lunch for Commissioners, media, and the public. And in January, Commissioner Morrison and Mayor Harris led a mini-bootcamp.

Mayor Harris will work closely with the Shelby County Health Department and the healthyShelby Board to ensure that health-related initiatives will make a real impact for the people of Shelby County.

“Mayor Harris continues to build upon the strong foundation of work accomplished by healthyShelby in recent years,” says Shelby County Health Department Director Alisa Haushalter. “A mental health component is a great addition to the programming as health is not limited to physical health, but includes social, spiritual and mental health.”

There will be other events throughout the year including healthyShelby Board meetings, the groundbreaking of the new Shelby County Health Department building, “Walk 1,000” events with the Mayor, and the healthyShelby ‘19 5k.

(end of release)