



NEWS from the Shelby County Mayor's Office

Lee Harris, Mayor

Vasco A. Smith, Jr., Administration Building
11th Floor, 160 North Main, Memphis, Tennessee 38103

FOR IMMEDIATE RELEASE

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**Commissioner Brandon Morrison and Mayor Lee Harris Announce healthyShelby '19
Breath Coaching Program at Shelby County Commission Meeting**

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

Memphis, TN – The healthyShelby '19 awareness campaign continues today 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.

The coaching session will take place at the beginning of today's Shelby County Commission Meeting. The event is open to the public and the media.

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