

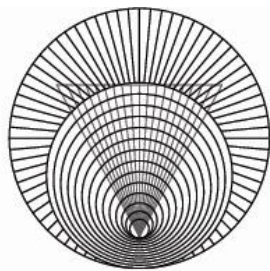


Join Us for the January 2026 Session of the Community Health Learning Collective (CHLC): *Reset and Recharge Sound Bath Meditation*

We are pleased to welcome Mecca Perry! Mecca is a sound artist and experienced sound meditation facilitator, weaving together art, healing, and community. As the founder of Mecca Elevated, she curates bespoke well-being experiences incorporating sound and meditation rooted in nature's elements: earth, air, water, and fire. With over a decade of experience, Mecca empowers others through a visceral, down-to-earth approach. Each session is designed to resonate with the unique needs and intentions of participants, fostering a deeply personal and transformative connection with sound. She is currently in partnership with Healing Arts Chicago, collaborating with the Chicago Department of Public Health and the Department of Cultural Affairs and Special Events to explore the intersection of healing arts and mental health.

This is an invitation for relaxation and inner exploration with this immersive, sound healing session. As the soothing sounds envelop you, experience the lifting of mental fog, the ignition of creativity, and the deep serenity of complete repose. Simply surrender and allow the sounds to guide you through this transformative experience.

**Friday, January 30th, 2026, from
1:00 PM to 2:00 PM CST, Virtually
Via Zoom.**



mecca
elevated

**Please email
mburns@thehapfoundation.org
to receive an invitation and Zoom
link.**



thehapfoundation.org