

IMMEDIATE RELEASE

Date: Monday, September 9, 2019

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**2nd Annual CYM Day Observance
(Closing Your Mouth)**

Charlottesville, VA – Author, award winner, Mr. Alex-Zan presents the 2nd Annual CYM Day, first proclaimed by the City of Charlottesville on September 18, 2018, (the 3rd Monday in September). The mission of the CYM character and day is to stress the importance of closing your mouth and listening, which is a key element to living a healthy, safe and productive life. CYM Day will kick-off on Monday, September 16, 2019 at 9:00 AM at Burley Middle School and at 1:30 pm at Cale Elementary School. Mr. Alex-Zan will provide a CYM poster/activities to every Charlottesville/Albemarle Public school and posters will be made available for area businesses upon request at alexzan@i-c.net. On CYM Day, all students and citizens are encouraged to:

- Be still and quiet for one minute
- Take a moment to think before you act (if angry - pause - count to 10)
- Be mindful when speaking - choose words that are helpful, not hurtful
- Have a safe RIDE (Respect Individual Differences and Expressions)
- During this day, allow people to share their thoughts and feelings, without any interruption - Just CYM and Listen!

Feel free to visit, alex-zan.com