

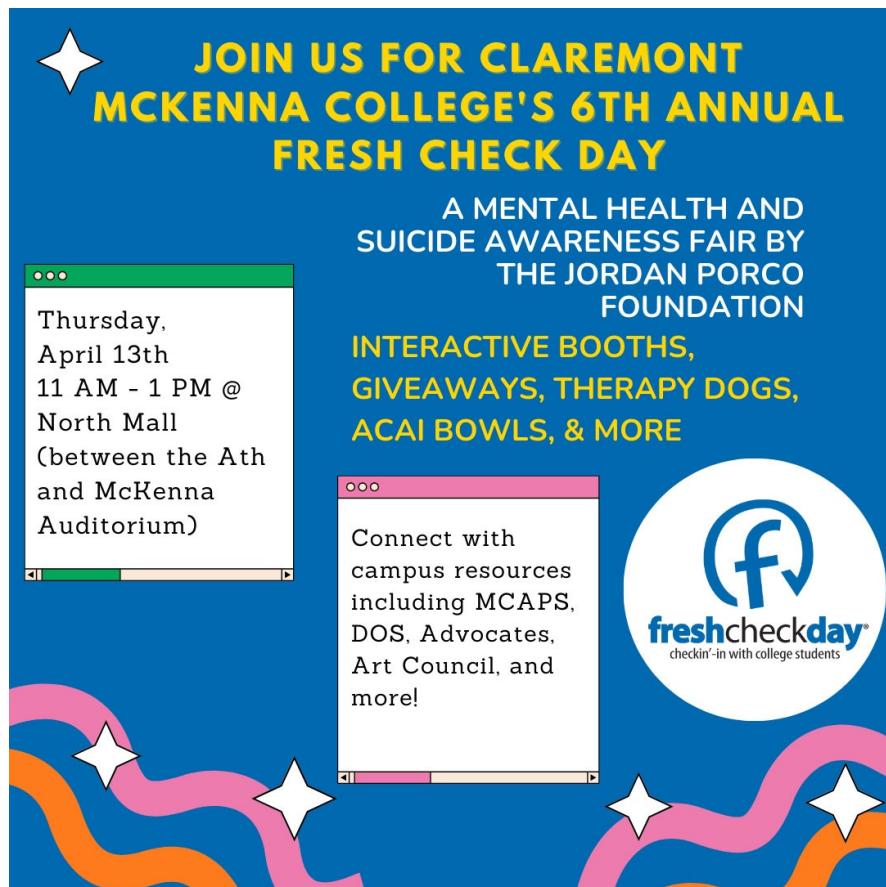
**Tkach, Colleen**

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**From:** Inform  
**Subject:** EM: Are You Coming to Fresh Check Day??

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**From:** Izaguirre, Chantal



Hello, CMC! The Dean of Students office, in collaboration with a number of student clubs and campus partners, will be hosting our sixth annual **Fresh Check Day on Thursday, April 13<sup>th</sup>!** **The event will be held from 11am-1pm in North Mall outside the Athenaeum and McKenna Auditorium.**

**Fresh Check Day** is an event to promote mental health awareness and suicide prevention through peer-to-peer conversations and activities. CMC cares deeply about and is committed to supporting the success and well-being of our campus community. We hope you will stop by to learn more about mental health, ways that you can boost your mental wellbeing, and support those around you.

**Join us in North Mall from 11am-1pm** for music, acai bowls, mental health screenings, therapy dogs, and a variety of fun and interactive booths. Make colorful sand jars, decorate bookmarks, practice gratitude or de-stress and enjoy an acai bowl from Uba Tuba. Giveaways include t-shirts, keychains, and other fun prizes!

*Featuring...drum roll, please:*

CMC Advocates

Art Council

CMS Athletics

CPB

Monsour Counseling & Psychological Services

Peer Health Ambassadors

Resident Assistants

SAGA

Claremont Community Partners

and more!

Tips on care and support resources will also be available. We hope to see you there!



Chantal Izaguirre *Director of Health Promotion & Student Support*  
*Dean of Students Office*  
*Pronouns: she/her*

Heggblade Center  
Claremont McKenna College  
Phone: 909.621.8204  
Fax: 909.621.8495  
Schedule a meeting via [Calendly](#)

**[Click Here for CMC's Mental Health Resources](#)**

***If you are in psychological crisis, please call 909.621.8202 to reach an on-call therapist, 24/7. If you are concerned about someone, please consider making a referral [here](#).***