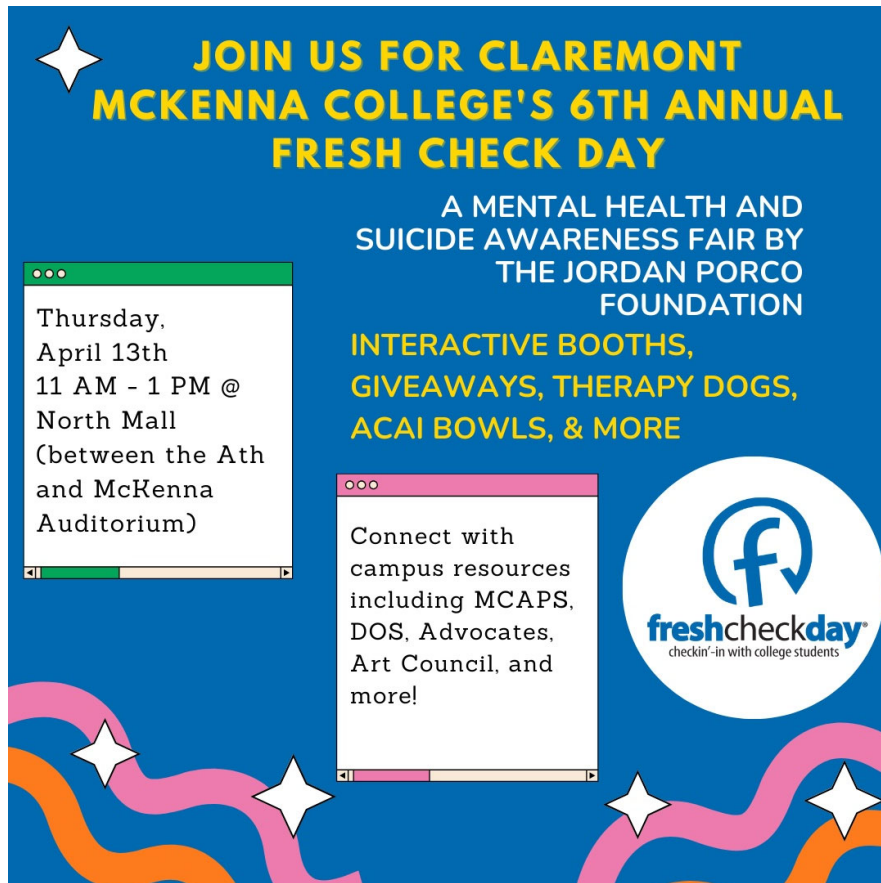


Tkach, Colleen

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

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 13th**! **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](#).