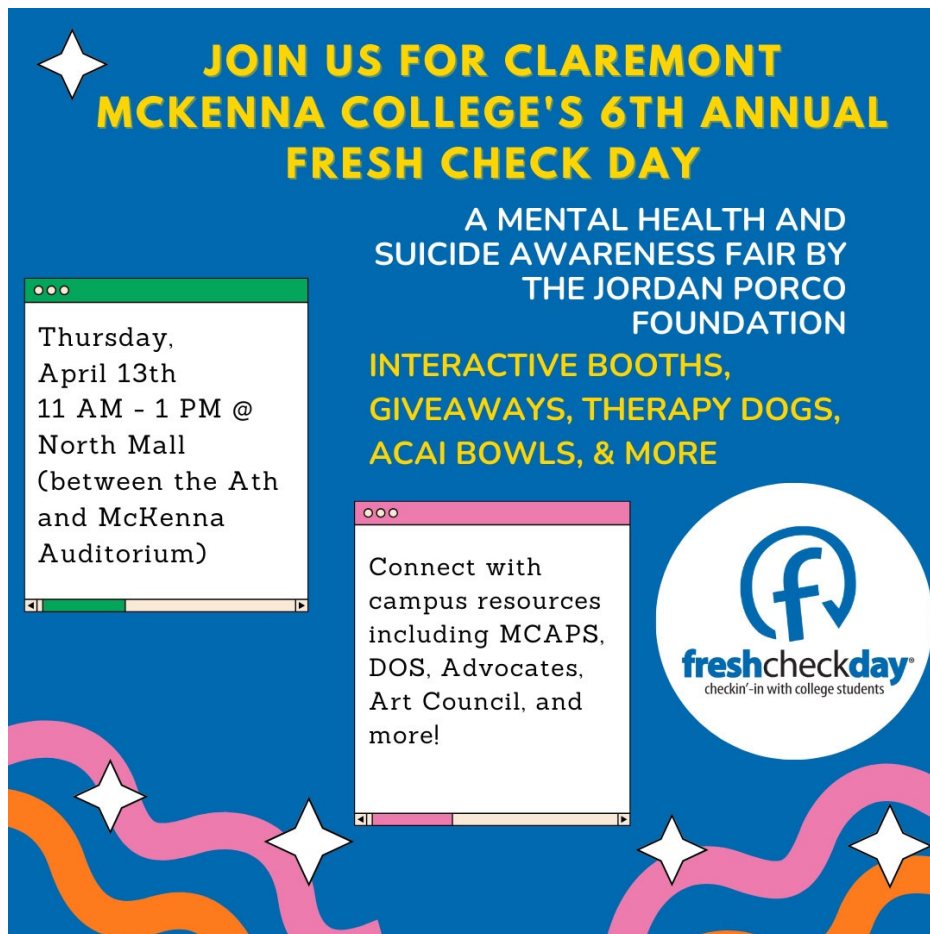


From: Inform
Subject: EM: Are You Coming to Fresh Check Day this Thursday??

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** **this Thursday, April 13th! The event will be held from 11 AM -1 PM 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 11 AM -1 PM for music, acai bowls, mental health screenings, a variety of fun and interactive booths, and did we mention there will be therapy dogs?! Make colorful sand jars, decorate bookmarks, create positive self-vision boards, decorate mirrors with messages of positivity, practice gratitude or de-stress, enjoy an acai bowl from Uba Tuba, and much more! Giveaways for attending include t-shirts, keychains, snacks, and other fun prizes! **Enter our raffle at the event for a chance to win a Kindle, a gift card to a place of your choosing in the Claremont Village, or a gift of your choosing from the CMC Supply Shop!**

Featuring...drum roll, please:

CMC Advocates

Art Council

Black Women's Collective

CMS Athletics

CPB

CMC Peer Health Ambassadors

Monsour Counseling & Psychological Services

Resident Assistants

Romero Success Coaches

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](#).