

Tkach, Colleen

From: Inform
Subject: EM: "Are You Coming to HalloWellness on Monday??".

From: Izaguirre, Chantal



Hello, CMC! The Peer Health Ambassadors, in collaboration with CMS and a number of our campus partners, will be hosting a trick-or-treat style health and wellness fair, HalloWellness! This event will be held on **Monday, October 30th outside Collins Dining Hall from 12 PM – 2 PM** where you can stop by to participate in some fun and interactive activities, meet members of the campus community, and take home some treats. We will be hosting **trauma-informed yoga on Parents Field** during this special event from **1 PM – 2 PM**. Yoga mats will be provided but you're welcome to bring your own. **Inside Roberts Pavilion**, CMS will be painting pumpkins

in the lobby and will be hosting a special **Spooky Spin class!** Be sure to stop by for this spooky fun event this upcoming Monday!

Featuring....

CMCnow

Club Soda

CMC Advocates

CMS Recreation

Queer Resource Center

Health Education Outreach

Claremont Community Partners

ASCMC Mental Health and Wellness Liaison

Monsour Counseling & Psychological Services

We hope to see you there!

The CMC Peer Health Ambassadors

@cmcpeerhealth