

Tkach, Colleen

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

From: Izaguirre, Chantal

Join us for Claremont McKenna College's 7th Annual  
**FRESH CHECK DAY**

**THURSDAY, MARCH 28TH**      **12 PM - 2 PM**

 **CMC'S MENTAL HEALTH PROMOTION & SUICIDE AWARENESS FAIR SPONSORED BY THE JORDAN PORCO FOUNDATION**

✓	<b>INTERACTIVE EXPO BOOTHS</b>
✓	<b>GIVEAWAYS &amp; PRIZES</b>
✓	<b>ACAI BOWLS &amp; OTHER TREATS</b>
✓	<b>CRAFTS, ACTIVITIES, GAMES, AND MORE!</b>

**Outside Heggblade Center  
(Rain location: McKenna Auditorium)**

Hello, CMC!

The Dean of Students Office, in collaboration with a number of student clubs and campus partners, will be hosting our seventh annual **Fresh Check Day event on Thursday, March 28<sup>th</sup> from 12 pm – 2 pm outside Heggblade!**

**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 outside Heggblade** for music, acai bowls, mental health screenings, therapy dogs, and a variety of fun and interactive booths. Make colorful sand jars, practice gratitude and breathing

exercises, test your knowledge about safer substance use, and de-stress and enjoy an acai bowl from Uba Tuba. Giveaways include t-shirts, keychains, and more!

*Featuring...drum roll, please:*

CMC Advocates

Art Council

CMS Athletics

CMCnow

CARE Fellows

CPB

Health Education Outreach & Nutrition Services

Monsour Counseling & Psychological Services

Peer Health Ambassadors

Resident Assistants

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/ella*

Heggblade Center, Room 106

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](#).***