

Tkach, Colleen

From: Inform
Subject: EM: Upcoming HalloWellness Event

From: Izaguirre, Chantal

Hey CMC!

The **Peer Health Ambassadors** are thrilled to invite you to our **3rd Annual Hallowellness** Fair — a *spooktacular* celebration of wellness, community, and self-care!



Join us on **Thursday, October 30th** from **3:00–5:00 PM** along **Flamson Plaza** for an afternoon full of treats, activities, and chances to win some exciting prizes. This event is dedicated to promoting wellness and community. This year, HalloWellness will also be a part of the Claremont College's

annual **5C Body Compassion Week**, a series of events across the Colleges dedicated to raising awareness, acceptance, and kindness toward all bodies.

Some treats to look forward to include:

Free açai bowls for attendees (while supplies last!)

Trick-or-treat for wellness at booths hosted by our amazing

campus partners

Raffle prizes including: an essential oil diffuser + essential oil kit, an item of

your choosing from the CMC Supply Shop (up to \$70!), & a mini

Bluetooth screen projector

Stop by the booths of our wonderful campus & community partners including:

1Gen!

QRC!

CARE Fellows!

CPB!

Mi Gente!

Romero Success Coaches!

CMS Rec!

HEO & Nutrition Services!

MCAPS & SHS!

and more!

Come by to connect, learn something new, and take home some wellness goodies! We can't wait to see you there for a *boo-tiful* celebration of wellness and community!

Questions?

DM the Peer Health Ambassadors on Instagram **@cmcpeerhealth** or email **Chantal Izaguirre** (cizaguirre@cmc.edu)

Sincerely,

The Peer Health Ambassadors

Follow us on Instagram [@cmcpeerhealth](https://www.instagram.com/cmcpeerhealth) for event updates and wellness resources!