Check in on your mental health, win a 32" flat screen TV!

Fresh Check Day

Fresh Check Day offers an approachable atmosphere where students can talk about mental health and get tips for self-care.

Come to this fair-like event! We'll have interactive booths, food, entertainment & giveaways.

Wednesday, September 20
5pm to 8pm
Illini Union Rooms ABC

Paid for in part by the Student Cultural Programming Fee.

Sponsored by:
Counseling Center, McKinley Health Center, NAMI on Campus, Office of Inclusion & Intercultural Relations, Office of Minority Student Affairs, University YWCA

Co-Sponsored by:
Departments of Latina/o Studies, Psychology, Social Work

Additional Co-Sponsors:
Alpha Pi Sigma Sorority, Hermandad de Sigma Iota Alpha, Lambda Theta Alpha Latin Sorority, Mexican Student Association, Sigma Lambda Beta International Fraternity