

**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.**

# **I ILLINOIS**

**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