

**EMPOWER YOUR MIND, EMBRACE YOUR WELLNESS**

# **MENTAL HEALTH AND WELLNESS RESOURCE FAIR**

Triton College Counseling and Wellness Support Services warmly invites you to join us at this year's Mental Health and Wellness Resource Fair where you will learn about important campus and community resources, enjoy a complimentary back massage as well as participate in a yoga or a meditation class.

Free giveaways and healthy refreshments will be available for all. Don't miss this opportunity to connect with your community and take a positive step forward in your mental health and wellness journey.

**Wednesday, April 10, 11 a.m.-2 p.m.  
Student Center Cafeteria**



There's  
a place  
for you.



**Triton College**  
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