

## Midtern





## EVENT

JOIN US FOR SELF-CARE TIPS, DE-STRESSING **ACTIVITIES, GOODIE BAGS, BAGEL BAR & HOT CHOCOLATE, THERAPY DOGS, AND MORE!** 

> Visalia Quad October 15 & 16 10AM-1PM



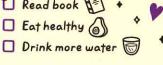
MENTAL HEALTH DOESN'T HAVE TO BE

POOKY









DON'T GHOST YOUR MENTAL HEALTH



WRAP YOURSELF WITH SELF-LOVE



