

# MENTAL HEALTH AWARENESS WEEK



# M

## LEARN ABOUT THE BENEFITS OF JOURNALING

Location: DeArmond Lobby      Time: All Day

Grab a Free Journal While Supplies Last!

# T

## LEAVE YOUR WORRIES BEHIND WITH THE WORRY BOX

Location: DeArmond Lobby      Time: All Day

# W

## FREE YOGA AT THE S.W.R.C

Location: S.W.R.C Room A      Time: 12:00 pm

# TH

## DE-STRESS DIY CRAFTS

Location: DeArmond Lobby      Time: All Day

# NOTES

THIS IS A NIHE EVENT AND ALL LCSC,  
NIC, UOFI, BSU, AND ISU STUDENTS  
ARE WELCOME TO PARTICIPATE!



HOSTED BY LEWIS-CLARK STATE COLLEGE

