

# **ANNUAL** SOUTH MOUNTAIN COMMUNITY COLLEGE **MENTAL HEALTH AND WELL-BEING EXPO:** **HOPE AND RECOVERY** *Happiness Begins with Good Mental Well-Being...*



SMCC takes pride in hosting the First Annual SMCC Mental Health and Well-Being Expo, a transformative and free community event dedicated to mental well-being!

The SMCC Mental Health and Well-Being Expo teamed up with local healthcare providers, including managed healthcare organizations, to raise awareness about mental health and offer essential services to our community. The Expo will bring a fun and entertaining experience to families in South Phoenix and surrounding communities as we emphasize hope and recovery. Join us for a day packed with music, entertainment, food, complimentary physical and behavioral health screenings, exclusive access to various mental health organizations, vaccinations, stress management, and so much more.

**March 30, 2024**  
**9 am - 2 pm**  
**[southmountaincc.edu/wellnessexpo](https://southmountaincc.edu/wellnessexpo)**

Bring your family and enjoy a day of wholesome fun while supporting the mission to transform lives by building healthy families and resilient communities.



**SOUTH MOUNTAIN  
COMMUNITY COLLEGE**  
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