



Fresh Check Day

Tuesday April 18th 2023, Time: 1-5pm, Location: Oak Grove
(Rain Location: HUB Susquehanna room)

WHAT IS FRESH CHECK DAY?

It's an uplifting mental health fair that raises awareness about wellness and health-related topics (physical, mental, emotional, and spiritual) and promotes community engagement between students and those within the community. This event includes interactive booths, free food, music, and exciting prizes.



College Stressors

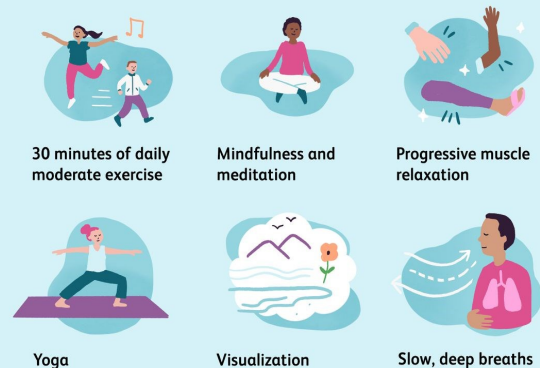
- Exams
- Financial concerns
- Living away from home
- Identity issues
- Social difficulties
- Poor sleeping habits
- Poor mental health

How to reduce college stress?

- Eating a balanced diet
- Manage your time by keeping a schedule
- Exercise
- Breathwork/meditating
- Set goals and seek support



Techniques to Reduce Stress



verywell

World Health Day

April 7th 2023

What is World Health Day?

World Health Day is the anniversary for when the World Health Organization was founded. The World Health Organization was created by the United Nations agency to manage public health efforts.

This year will be the 75th anniversary. Every year they dedicate a different theme. This year's theme is Health for All!

