ROOTED *in strength*

HONORING EMOTIONAL FITNESS THROUGH COMMUNITY & CULTURE

Join us in recognizing **Minority Mental Health Awareness Month** with a special event dedicated to emotional **fittness**, community **support**, and **empowerment**

- Engaging discussions
- Expert speakers
- Free resources

Date: Saturday, July 19, 2025
Time: 12 noon to 4:00 pm
Location: WSU Metroplex
Cost: FREE

NAMI Wichita
National Alliance on Mental Illness

Visit NAMI Wichita's website and social media
for more details coming soon!
www.NAMIwichita.org