

# 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 fitness, community support, and empowerment.

- Engaging Discussions -
- Expert Speakers -
- Free Resources -

Visit NAMI Wichita's website and social media for more details coming soon!  
[www.NAMIWichita.org](http://www.NAMIWichita.org)



Date: Saturday, July 19, 2025

Time: 12 noon to 4:00 pm

Location: WSU Metroplex

Cost: FREE

