

# 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
- Door prizes
- Free resources

**Saturday, July 19, 2025**  
**12 noon to 4:00 pm**  
**WSU Metroplex**



Conversations on:

- **Shattering Stigma:** Open Conversations on Emotional Fitness
- **Therapy Uncovered:** Breaking Myths and Finding Support
- **From Symptoms to Solutions:** Expert Answers on Mental Health Care