

HONORING EMOTIONAL FITNESS THROUGH COMMUNITY & CULTURE

ROOTED

in strength

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



Participate in 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

Hosted by:



Date: Saturday, July 19, 2025
Time: Noon to 4:00 pm
Location: WSU Metroplex,
5015 E 29th Street N
Wichita, KS