

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



Panelists:  
Elizabeth Brunscheen-Cartagena  
Winnia Sithideth  
Ngoc Vuong  
Bernestine Williams  
Jamaal Jones  
Dr. Rhonda Lewis  
Yeni Silva-Renteria  
Dr. Hiba Abualama  
Dr. Htet Htet Lin  
Dr. Alisha Sapkota  
Dr. Rojal Rijal

Hosted by:



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

Saturday, July 19, 2025 | Noon to 4:00 pm  
WSU Metroplex | 5015 E 29<sup>th</sup> Street N