

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

Date: **Saturday, July 19, 2025**

Time: **12 noon to 4:00 pm**

Location: **WSU Metroplex**

Cost: **FREE**



www.NAMIlwichita.org
info@NAMIlwichita.org