SAGE WORKSHOP
MENTAL WELLNESS

WHEN: TUESDAY JULY 24\textsuperscript{ST} 11-12:30 PM
WHERE: CAST 212

SHINING A LIGHT ON UNSPOKEN ISSUES AND BRINGING OUT YOUR INNER LIGHT!

This workshop will focus on learning how to identify anxiety and depression in yourself and in others. Learn coping strategies and ways to help deal with these issues from experts in the field of mental health.

RSVP HERE: \texttt{BIT.LY/2U654BP}