

**Friday, April 17<sup>th</sup> 2026**

**11:30am-1:30pm**

**Hum. 1109**

**Helen Louise Hawk**

**Honors Program**

**Mental**

**Health**

**Day**



*Join us for a relaxing midday event focused on wellness, connection, and self-care. The Counseling Center is joining us to offer helpful advice through creative activities. Lunch will be provided! 🧠 ✨*