



WORLD

# MENTAL HEALTH DAY

OCT. 10

SUNY **BROOME**

## Help us to Shine a Light on Mental Health Matters

- 11 a.m - 4 p.m.: Exclusively for students, faculty, and staff
- 4 - 7 p.m.: Open to the entire community

Experience a range of interactive activities and wellness programs, including:

- Tabling by campus programs and local agencies
- Exciting yard games
- Relaxing yoga sessions and sound baths
- A lively music jam
- Delicious food, prizes, and much more!

Don't miss out on this opportunity to engage, unwind, and connect!

*If you need accommodations to participate in this event, please contact the Accessibility Resources Office at [aro@sunybroome.edu](mailto:aro@sunybroome.edu) or 607-778-5150 to discuss your needs ASAP.*