

WORK **HOPE** **BENEFIT** **SCHOOL**
ANXIETY **WELL-BEING** **RESEARCH** **WELLNESS** **MENTAL** **SUCCESS** **LIFE**
RELAX **BRAIN** **TALKING** **STRESS** **HELP** **SMOLOWE** **FREE**
NUTRITION **AWARENESS** **EXERCISE**

MENTAL HEALTH AWARENESS EVENT

MENTAL HEALTH AWARENESS WEEK EVENING PRESENTATIONS

OCTOBER 2-5, 2023 • IDAHO STATE UNIVERSITY
• FREE TO THE PUBLIC

MENTAL HEALTH SYMPOSIUM

OCTOBER 6, 2023 • CHUBBUCK CITY HALL
\$50 PRE-REGISTRATION/ \$60 DOOR
7 CEUs (INCLUDING 1 HOUR OF ETHICS)

HUSTLE FOR MENTAL HEALTH

OCTOBER 7, 2023 • 10:00AM • \$25-\$75

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**Idaho State
University**

Continuing Education
and Workforce Training

