

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

MENTAL HEALTH AWARENESS EVENT

Mental Health Awareness Week Brought to You by ISU & Best, LLC

Lunch & Learn Presentations

September 30-October 3, 2024 • Idaho State University

• Free to the Public

Mental Health Symposium

October 4, 2024 • Chubbuck City Hall

\$50 pre-registration/ \$60 Door/ Student Discounts

7 CEUs

Hustle for Mental Health

Fun Run: October 5, 2024 • 10:00am • \$25-\$75

LEARN MORE: CETRAN.ISU.EDU/MHF



Best, LLC



Idaho State University