Self-Care UCR

FAIR

Tuesday
May 8 • 11am–2pm
HINDERAKER LAWN

Honor Mental Health Month by taking the time to take care of yourself and connect with the campus community at the Self-Care Fair! UCR departments are co-hosting self-care activities in a fun, supportive and interactive environment with free food, music and giveaways.

Students, faculty and staff WELCOME!

FREE T-SHIRTS and giveaways!

Music by KUCR!

FOOD from El Ojo de Agua!

Add this and other Mental Health Month events to your calendar at GO.UCR.EDU/MENTAL.

Part of UCR’s Mental Health Month programming.

For more information, contact The WELL at (951) 827-9355 or thewell@ucr.edu.