



**MURRIETA-TEMECULA AREA ALUMNAE CHAPTER
DELTA SIGMA THETA SORORITY, INC.**

MANAGING & MASTERING MENTAL HEALTH *Symposium*

This event is designed to equip, educate and empower individuals with the resources and strategies needed to take control of their mental health and wellness.

Your Mental Health Matters!
Don't miss out on this opportunity!

**Join us
and gain
valuable
knowledge
& resources to
help you master
your mental health**



**DR. MONICA
GORDON**



**DR. CAROLINE
KRISTO**

Join us & learn....

- ✓ What mental health is and is not**
- ✓ The keys to mastering your mental wellness**
- ✓ What to do when all else fails**



**Event Moderator:
KIMBERLE SMITH AUSTIN
PHYSICAL & MENTAL HEALTH
COMMITTEE CHAIR**

REGISTER TODAY!
MAY 18, 2023
6:00 PM - 7:30 PM

SCAN ME



MAY IS MENTAL HEALTH AWARENESS MONTH