

Mental Health & Outreach present:

Mental Health Mini Fair

A fair with Miramar that's focused on
your wellbeing!

Art Activities, Pulse Checks, Stretching &
More

EVENT DETAILS

RSVP LINK



<https://tinyurl.com/miramarminifair>

Date: Tuesday,
December 3rd

Time: 12:30pm-1:30pm
(during college hour!)

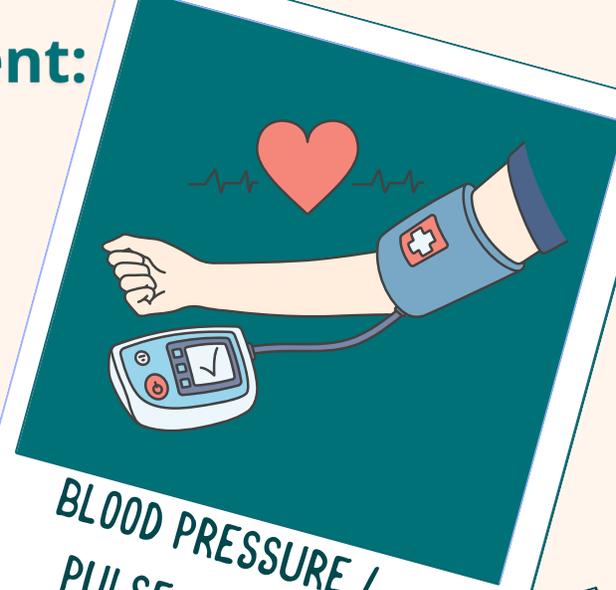
Location: K2 Welcome
Center, Community
Lounge

CONTACT INFORMATION

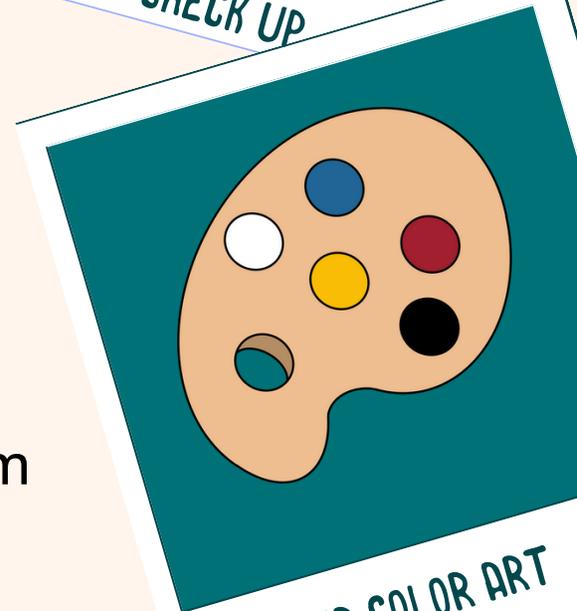
Phone: 619-388-7357

Email: miraoutreach@sdccd.edu

For disability accommodations please email,
miraoutreach@sdccd.edu with 5 days in advance.



BLOOD PRESSURE /
PULSE CHECK UP



WATER COLOR ART



STRETCHING SESSION

MENTAL HEALTH
COUNSELING

OUTREACH &
SCHOOL
RELATIONS