Fresh Check Day is a signature program of the Jordan Porco Foundation to bring awareness of mental health resources and coping strategies to college students.

For more information: Veronica Hills, vhills@goodwin.edu

Wednesday, October 16
3 to 6 P.M.
Goodwin College: River Campus, Pent Road, and East Parking Lot

Learning to cope with stress is important for everyone. From school assignments to everyday home tasks, having helpful resources and tools can make all the difference.

Fresh Check® creates a positive atmosphere where students talk and learn about themselves and their peers, and where all members of the College community are encouraged to take a moment to check in on their mental health.

Stop by and enjoy good company, great food, and fun facts that can help you make the best of your college experience.

Look for vendors from:
✓ Mercado’s Food Truck
✓ Whey Station
✓ Greekin’ Out
✓ Kiefer Popcorn
✓ Therapy Dogs
And Many More!

Good company, great food, and fun facts!