

# 2022

## THE WELL'S ACTIVE MINDS SPIRIT WEEK

**Jan.  
24th-28th**



**ORGANIZED BY  
YURITZA ESCALANTE**

Student Director of  
Outreach and Internal Relations,  
Active Minds

**And The Well's Active Minds**

Active Minds Spirit Week is a nationwide call to action to advance Active Mind's mission: to change the conversation about mental health. Join us during this week for a series of online events focused on our five pillars of change: awareness, education, advocacy, connection, and community.

**Attendees: Will receive a grocery card and self-care kit.**

**REGISTRATION:  
VISIT OUR INSTAGRAM BIO OR  
WEBSITE TO ACCESS OUR LINK**

<https://well.ucr.edu/get-involved/active-minds>



**Thank you to our sponsors ASUCR and ASPB**