

Mental Health Matters Day

Drop-In Relaxation & Recharge Space

Guided Yoga & Meditation



April 8th, 1:00 - 2:00 pm • @ SV 416 Rockville Campus

Stress-Management Tips • Breather initiatives

Come de-stress through coloring, yoga and mediation techniques.

Montgomery College Public Health Week 2026

Questions? Contact:

publichealth@montgomerycollege.edu

