



# Mental Health Matters Day

AWARENESS. ACTION. CHANGE.

..... May 24, 2016 .....

**Join us as we celebrate Mental Health Month!**

Throughout the month, people from across California will come together to spread awareness about the importance of mental health and show their support for the issue.

**West Steps,  
Capitol Building  
Sacramento, CA**

9:30 a.m.

Welcome and Entertainment

10:30 a.m.

Speaking Program

Noon

Food Truck Lunch Party  
with Entertainment

1:15 p.m.

Closing Remarks

**Contact:** [info@mhac.org](mailto:info@mhac.org)

