

MINDfest 2024

CARING FOR THE MIND, BODY, AND SPIRIT

Thursday, May 9, 2024

1:00 pm - 7:00 pm

Skagit Valley College

Angst Hall

2405 East College Way

Mount Vernon, WA 98273



MINDFest: *Caring for the Mind, Body, and Spirit* is a **FREE** mental health arts festival that promotes mental health and well-being through education, music, art, dance, interactive workshops and more. MINDfest brings together diverse communities to promote dialogue, reduce stigma about mental health, and connect people to the resources and services they need to thrive. Everyone is welcome!

Interactive Workshops, Art, Dance, Music, and More

- Art workshop by Heart Art Healing
- Easy yoga-flow, mindfulness, and sound bath with Yiran Wang
- Nature journaling with Nancy D'Arienzo
- Interplay dance workshop with Marla Durden
- Create your own slime with Angelina Ly from Firefly Slime
- Western Washington Therapy Dog Group
- Quiet your mind with Yoga Nidra and Leslie Rowans
- Food truck and snacks
- Film screening of "LIKE" by Impactful films

Featured Speakers



Professor Michael Tuncap will kick off the event with a keynote about the intersections between mental health and well-being, identity, and social justice. (1:00 pm - 2:00 pm)



Dr. Lucia Magis-Weinberg will present the latest research about the connection between social media and mental health and facilitate a Q&A with attendees. (6:00 pm - 7:00 pm)

Learn more at MentalHealthMattersWA.com

MINDfest is organized by Mental Health Matters of Washington, a grant-funded program sponsored by Skagit Public Health, North Sound ACH, and the University of Washington Bothell.



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