

HCC to host 'Fresh Check Day'

HOLYOKE – Holyoke Community College will host a day dedicated to promoting mental health and wellness on Tuesday, March 11.

"Fresh Check Day" will run from 11 a.m. to 2 p.m. in the Campus Center cafeteria.

This innovative program, developed by the Connecticut-based Jordan Porco Foundation, is designed to bring together the campus community to "check in" on the mental health and wellness of college students. The event is free and open to all.

Organized by HCC's Office of Community Standards and Wellbeing, in partnership with other campus departments and student volunteers, Fresh Check Day at Holyoke Community College aims to create a supportive and engaging atmosphere. The event will transform the HCC cafeteria into a vibrant expo-like set-

ting with interactive exhibits, food prizes, and giveaways.

"At HCC, we recognize that mental health is just as important as physical health," said Jessica Hill, director of community standards and wellbeing. "Fresh Check Day is a vital opportunity for us to come together as a community to raise awareness, reduce stigma, and provide resources that support the well-being of our students. By prioritizing mental health, we empower our students to thrive both academically and personally, ensuring they have the tools to succeed beyond the classroom."

Highlights include interactive exhibits and activities designed to educate and engage students on mental health topics, such as stress management, anxiety, depression, and suicide prevention; community engagement opportunities where students can connect

with their peers and to campus resources in a positive, community-focused environment; and prizes and giveaways.

The Jordan Porco Foundation is a nonprofit based in Wethersfield, Conn. It was founded in 2011 by Ernie and Marisa Porco after they lost their son Jordan to suicide when he was a freshman in college.

The goal of Fresh Check Day is to create an approachable and hopeful environment for discussing mental health and supporting student wellness. The event features peer-to-peer activities, interactive booths, and various resources aimed at promoting mental health awareness and suicide prevention among college students.

For more details about Fresh Check Day at HCC, please contact Jessica Hill at 413-552-2551 or jhill2@hcc.edu.