



# SAN GABRIEL UNIFIED SCHOOL DISTRICT

## MEDIA ADVISORY

**FOR IMMEDIATE RELEASE:**  
April 16, 2019

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## **Gabrielino High School's Mental Health Day to Address Body Image Issues**

**WHAT:** Gabrielino High School will hold its final Mental Health Day of the year, providing students with presentations, information and activities that address common issues with body image.

Gabrielino's campus will feature multiple student-made arches – featuring the words “beautiful” and “average” – that students can walk through to highlight how they feel about themselves. Students will then discuss their arch activity choices with Rachel McCord, an entrepreneur, model and talk show host, and mental health advocate Claudia Alvarado.

McCord and Alvarado will also encourage students to “get real about how we feel about ourselves,” practice positive affirmations and engage in a Q&A session about body image.

**WHEN:** **Thursday, April 18**  
10:20 to 11:10 a.m.  
11:20 a.m. to 12:10 p.m.

**WHERE:** Gabrielino High School  
1327 S. San Gabriel Blvd., San Gabriel

**DETAILS:** Mental Health Day was organized by Gabrielino's Wellness Council in partnership with the Associated Student Body and Peer Helping and Health Occupations Students of America (HOSA) clubs.

The Mental Health Days are one component of a three-part wellness action plan to improve student nutrition, physical activity and social/mental well-being.

**Coverage and/or inclusion of this event in your calendar of events is welcomed and greatly appreciated.**

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