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St. Thomas Aquinas College Hosting Campus Walk for the American Foundation for Suicide Prevention

(SPARKILL, N.Y. — Monday, April 10, 2023) On Saturday, April 15, 2023, St. Thomas Aquinas College will be hosting its first-ever "Out of the Darkness Campus Walk" for the American Foundation for Suicide Prevention (AFSP). The Campus Walk is open to the public and begins at 4 PM, with registration opening at 3 PM.

Dr. Staci Shultz, Campus Walk Co-Chair noted: "When we found out that there wasn't an AFSP Campus Walk established in Rockland County, St. Thomas Aquinas College was thrilled to be able to step in and host one on our campus. We believe deeply in the mission of AFSP to 'save lives and bring hope to those affected by suicide' especially as it fits with the College's ongoing initiatives on campus to support mental health. Like the AFSP, we want to assure people that they are not alone."

"Out of the Darkness Campus Walks" are the AFSP's signature student fundraising series, designed to engage youth and young adults in the fight to prevent suicide, a leading cause of death.

Donations are not required in order to attend or participate, however, any contributions, no matter how small, are welcome. Those who wish to support this important cause can register to walk, donate, or show their support by their presence. The event will include music from the College's radio station (WSTK), appearances by the College's cheerleaders and mascot, horses and therapy activities, as well as mental health resources and merchandise provided by AFSP.

Register and learn more at www.stac.edu/AFSP.

St. Thomas Aquinas College is an independent liberal arts college located on 72 acres in Rockland County, NY, which provides education at the undergraduate and graduate levels. The College's approximately 2,000 full and part-time students can choose from more than 100 different majors, minors, specializations, and dual-degree programs across four Schools: Arts & Social Sciences, Business, Education, and STEM. The College is recognized by <u>U.S. News & World Report</u> in the Top-Tier for Regional Universities, by Colleges of Distinction in both its New York and Catholic editions, by Affordable Colleges Online as a Top College in New York for Return on Investment, and is included as a <u>Military Friendly School</u>. St. Thomas Aquinas College is accredited by the Middle States Association of Colleges and Schools; its School of Education is a candidate for accreditation by the Association for Advancing Quality in Educator Preparation (AAQEP), and its School of Business is accredited by the International Accreditation Council for Business Education (IACBE). For more information, visit <u>www.stac.edu</u>.