



## *Are You An International Graduate Student?*

Want to make the most of your time here at Washington University?

Come join ***C.H.A.T!***

***Creating Healthy Actions Together*** is a weekly informal gathering for *international graduate students*

***Each group meeting will be led by experienced group facilitators and relevant topics will be introduced including:***

- ***Understanding and adjusting to cultural differences***
- ***Creating and maintaining meaningful relationships***
- ***De-stressing when under pressure***
- ***Managing time and energy... and many more.***

**Where:** Small Meeting Room- Liberman Graduate Center in the Danforth University Center (DUC)

**When:** Wednesdays: September 20- December 6, 2017

**Time:** 10:15am to 11:30am

SPACE IS LIMITED. TO LEARN MORE, CONTACT US!

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or

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