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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