FOR INTERNATIONAL GRADUATE STUDENTS

INTERNATIONAL C.H.A.T.

Creating Healthy Actions Together is a weekly informal gathering for international graduate students led by experienced group facilitators.

Relevant topics during the sessions will include:
• Understanding and adjusting to cultural differences
• Creating and maintaining meaningful relationships
• Managing stress under pressure
• Managing time and energy

...and many more!

Tuesdays 3:30 - 4:50 PM
Over Zoom

For questions, please contact:
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Habif Health and Wellness Center
STUDENT AFFAIRS AT WASHINGTON UNIVERSITY