SELF-CARE RESOURCE FAIR FOR INTERNATIONAL STUDENTS

Thursday, April 4th
6-8 P.M.
PMU North Ballroom

TOPICS/ACTIVITIES
Art for wellness
Intercultural communication
Emotional eating
Job searching
Mindfulness circuit
Movement and breath
Preventing burnout
Studying smart

RSVP by March 28th
https://goo.gl/D8fUUi

LIGHT REFRESHMENTS AVAILABLE

In partnership with:
Academic Success Center, Black Cultural Center, Center for Advocacy, Response & Education, Center for Career Opportunities, Center for Intercultural Learning, Mentorship, Assessment, and Research, City Bus, Counseling and Psychological Services, International Student Peer Coaching Program, Office of Dean of Students, Office of International Students and Scholars, Latino Cultural Center, National Alliance on Mental Health on Campus, Purdue University, Recreation and Wellness, Sky @ Purdue, and University Residences.