

**Creative Drama & Self Empowerment**

# Cultivating Connections

Explore self concept, how to handle stress through creative action techniques, and practice positive ways to find connection and support from others. This all female group was created to assist those who are struggling with eating and body image concerns.



Please attend all three, 90 minute sessions on Sunday nights at West Memorial Stadium (next to Student Union) in Room 117 (on the Denison side of the Stadium).



Feb. 26  
Mar. 5  
Mar. 12



6:00 - 7:30pm

**FOR ADDITIONAL INFORMATION, PLEASE CONTACT:**

Sally Bailey  
sdbailey@ksu.edu

OR

Dianna Schalles  
diannas@ksu.edu



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HEALTH CENTER  
YOUR STUDENT HEALTH RESOURCE

**\*FREE TO K-STATE STUDENTS, group size limited to 8-12\***