



**HEALTH PROMOTION & WELL-BEING
PRESENTS:**

AFFIRMATION ACTIVITIES

Join us for a relaxing afternoon of journaling, beading,
and other crafts as we promote positive affirmation
practices in our everyday lives. Through such
practices, we can foster conversation skills,
vulnerability in relationships, and affirm ourselves as
individuals and the relationships which we hold.

**THURSDAY, NOV. 10, 2022
5:00 PM TO 6:00 PM**

**MEETING ROOM A
RALPH O'CONNOR REC CENTER**

*Register by scanning this code
or visiting Hopkins Groups.*



**JOHNS HOPKINS
UNIVERSITY**

**Student Health & Well-Being
Health Promotion & Well-Being**