



# Self Care Studio

*A space to enhance creativity  
& focus on personal wellness*

**FEBRUARY 2022**

## Self Love

**Tuesday, February 1 | Noon-1 p.m.**

*Join EACC Counselor Raven K. Conwell, for a session encouraging self-compassion.  
Materials needed: Paper and pen.*

## Connections

**Tuesday, February 15 | Noon-1 p.m.**

*Explore a creative way to connect with your true self by creating a paper flower bouquet with  
AIM Artist-in-Residence Helene Taylor. Materials needed: White paper, colored markers,  
crayons or pens, and scissors.*

Visit [go.uab.edu/EACC-Calendar](https://go.uab.edu/EACC-Calendar) and  
select a date to register via Zoom. To  
request disability accommodations,  
email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu).

Program is open to all UAB, UAB Medicine,  
VIVA Health, Homewood City School  
System and i3 Academy employees and  
members of their immediate household.