



# Self Care Studio

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

M A R C H 2 0 2 1

## Spring

### **NATURE MANDALAS**

**Tuesday, March 2 | Noon-1 p.m.**

*Mandalas can reduce anxiety, tension and overall stress. Join EACC Counselor Kourtney Young for an activity designed to stimulate creativity and release emotional blockages. Access to the outdoors required.*

### **WRITING FROM THE HEART**

**Tuesday, March 16 | Noon-1 p.m.**

*Take the time to listen to your heart's desires. Participants will be given questions to inspire mindful writing with music accompaniment in this session facilitated by AIM Artist-in-Residence Melanie Rodgers. Materials needed: Notebook or journal and pen.*

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 [dss@uab.edu](mailto:dss@uab.edu) or call 205-934-4205.

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