Self Care Studio

A space to enhance creativity & focus on personal wellness

Year in Review

Let's take a look back... Participants will explore the highs and lows of 2026 and set goals for 2027, in this session with EACC Counselor Karen Coats, LPC.

WHEN & WHERE:
Tuesday, December 1,
12-1 p.m., via Zoom

WHO:
Program is free and open to UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, i3 Academy, and Southern Research employees, and members of their immediate household.

REGISTRATION:
Visit **go.uab.edu/EACC-Calendar** and select a Self Care Studio date to register. Email HRAWARE@uab.edu to request disability accommodations.

UAB Arts In Medicine

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