Self Care Studio

A space to enhance creativity & focus on personal wellness

Thankfulness

Pause, breathe, and create a pocket-sized book that celebrates the moments that make it all worth it. UAB Arts in Medicine Artist-in-Residence Sarah Heath guides you in crafting a small handmade book of gratitudes in a calm, pressure-free hour. All supplies are provided.

WHEN & WHERE:

Tuesday, November 17, 12-1 p.m.,
West Pavilion Conference Center-B

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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Employee Assistance & Counseling Center

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