Self Care
AN EACC THERAPEUTIC ART GROUP

Participants learn to address problems and translate their emotions through therapeutic art activity in this month’s art therapy group, facilitated by EACC counselor Carrie Ezell.

**WHEN:**
Tuesday, Feb. 12, 3:30-4:30 p.m.

**WHERE:**
West Pavilion Conference Room G

**WHO:**
Program open to all UAB, UAB Medicine, VIVA Health and Homewood City School employees.

To register call the EACC at 205-934-2281.

**PLEASE NOTE:** This is not an art class. EACC’s art therapy group provides a creative, expressive and cathartic experience — no artistic talent necessary.