SelfCare Studio
A space to enhance creativity & focus on personal wellness

APRIL 2019

Lighten Up, Laugh, Let Loose

Tuesday, April 2
GRATITUDE JOURNALS
Participants will decorate their own journals to express daily gratitude and thankfulness in this program facilitated by EACC counselor Carrie Ezell.

Tuesday, April 16
KEEPING YOUR BALANCE in a CHANGING WORLD
Examine how gratitude, compassion, acceptance, meaning and forgiveness can help you be more resilient and nurture joy in your life, with UAB Pastoral Care’s Malcolm Marler.

Sessions held noon-1 p.m.
North Pavilion 2nd Floor Chapel

Program is open to all UAB, UAB Medicine, VIVA Health & Homewood City School System employees.

uab.edu/eacc