GRATITUDE FLOWERS | Tuesday, November 5
Come create a piece of gratitude art as a reminder of all you are grateful for in this session facilitated by EACC Counselor Lynne Clifton, MSSW, LICSW, BCC.

BEGINNING QIGONG | Tuesday, November 19
Beginning Qigong, with AIM’s Beau Gustafson, will help relaxation, breathing, and a general sense of wellbeing that is easy to do and can be done at home.

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

Program is open to all UAB, UAB Medicine, VIVA Health and Homewood City School System employees. No registration required.