CULTIVATING CONNECTIONS | Tuesday, October 1

One kind message can change someone’s day, their outlook, their whole life. Cultivate connections within the UAB community and lift others up through simple acts of kindness in this group facilitated by EACC Counselor Kourtney Young, LPC, RPT.

MINDFULNESS WRITING for FALL | Tuesday, October 15

“Mindfulness Writing for Fall: Reviving our Work Life” facilitated by AIM Artist in Resident Salaam Green will explore ways to feel refreshed and revived with the work we value and do daily through creative writing and relaxing mindfulness poetry and storytelling.

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.