



# Self Care Studio

A space to enhance creativity  
& focus on personal wellness

**APRIL 2023**

## Laughter May Not Always be the Best Medicine, but it Helps

**Tuesday, April 4 | Noon-1 p.m.**

Learn how humor helps you physically and mentally, and identify ways to find humor in tough times, in this session with EACC Counselor Heather Jordan.

**Materials needed: Bring your favorite meme or joke.**

## Lighten up, Laugh, Let Loose

**Tuesday, April 18 | Noon-1 p.m.**

Learn some of the science behind the use of laughter and humor for health and practice simple humor exercises to incorporate into your life, in this session with Director of UAB Arts in Medicine Kimberly Kirklin.

**Materials needed: A playful spirit.**

Visit [go.uab.edu/EACC-Calendar](https://go.uab.edu/EACC-Calendar) and select a date to register via Zoom. After registering, you will receive a confirmation email containing info about joining the meeting.

Program is open to all UAB, UAB Medicine, VIVA Health, Homewood, Trussville and Tarrant City Schools and i3 Academy employees and members of their immediate household. To request disability accommodations, email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu).