



Self Care Studio

*A space to enhance creativity
& focus on personal wellness*

New Beginnings

**Tuesday, January 9
Noon-1 p.m., via Zoom**

January is a month of change, reflection and resolution. Most of us have attempted to make life-changing resolutions each New Years, only to forget about them by February 1. This year, use therapeutic art making to set intentions for new beginnings, not resolutions, for 2024.

**Materials needed: Paper and markers, colored pencils or paints,
or feel free to use computer software for art creation.**

**The Self Care Studio
schedule is changing in
2024.** Eight sessions will
be offered throughout the
year, led alternately by the
UAB Employee Assistance
& Counseling Center and
UAB Arts in Medicine.

WHO:

Program is free and open to all UAB, UAB Medicine, VIVA Health, i3 Academy, Homewood and Tarrant City Schools employees, and members of their immediate household.

REGISTRATION:

Visit 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. *To request disability accommodations, email HRAWARE@uab.edu.*