



# Self Care Studio

A space to enhance creativity  
& focus on personal wellness

## Music and Self-Compassion

**Tuesday, July 16, noon-1 p.m.**

**WPCC-B (this is an in-person event)**

Enjoy listening to calming violin music played by AIM Musician-in-Residence Haleigh Black, along with guided meditation, mindful conversations and group singing geared toward self-compassion.

**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](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. To request disability accommodations, email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu).