



## Self Care Studio

A space to enhance creativity  
& focus on personal wellness

# Understanding Mindfulness

**Tuesday, May 7, noon-1 p.m., via Zoom**

EACC Counselor Kourtney Young, LPC, will introduce participants to various mindfulness practices including meditation, breathing exercises and body scans, offer practical tips for incorporating mindfulness into everyday activities and discuss the physical, mental and emotional benefits as well as common challenges to practicing mindfulness.

**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).