



Self Care Studio

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

Mindfulness

Learn how mindfulness impacts your mental and physical well-being, discover techniques that easily integrate into daily routines, and develop a personalized self-care plan tailored to your needs and lifestyles, in this session with EACC Counselor & Registered Play Therapist Kourtney Young, LPC, NCC, CEAP, BC-TMH.

WHEN & WHERE:

Tuesday, May 5,
12-1 p.m., via Zoom

WHO:

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

REGISTRATION:

Visit go.uab.edu/EACC-Calendar and select a Self Care Studio date to register. Email HRAWARE@uab.edu to request disability accommodations.

Self Care Studio is a My Health Rewards points-earning opportunity.