



# Self Care Studio

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

**OCTOBER 2023**

## *Helping Hands*

**Tuesday, October 3 | Noon-1 p.m.**

Take a moment to practice some mindfulness and recharge for the remainder of the day, in this session with EACC Counselor Jose Tron, LPC.

**Materials needed: A private space and a comfortable place to sit.**

## *Hands - On Art*

**Tuesday, October 17 | Noon-1 p.m.**

Participants will use their hands to create a template for an abstract art piece. Join AIM Artist-in-Residence Avivi Behel to reflect and meditate on how your hands have helped, what your hands have held in the past and present, and what you hope for the future.

**Materials needed: Several sheets of copy paper and participant's choice of writing/drawing tool – lead pencil, pen, colored pencils, markers, etc.**

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, i3 Academy, Homewood and Tarrant City Schools employees, and members of their immediate household. *To request disability accommodations, email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu).*

*These sessions are not part of the My Health Rewards program at this time.*