



Self Care Studio

A space to enhance creativity
& focus on personal wellness

New Beginnings

January is a month of change, reflection and resolution, but most life-changing resolutions made on New Year's are forgotten by February. The definition of a resolution is "a course of action decided on," while an intention is "an aim or purpose you plan to do or achieve." Use therapeutic art making to set intentions for new beginnings — not resolutions — in this session with EACC Counselor Carrie May. No art experience needed.

WHEN & WHERE:

Tuesday, January 14, 12 to 1 p.m., via Zoom

MATERIALS:

Please have paper and markers, colored pencils or paints ready prior to joining the session, or feel free to use computer software for art creation.

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