



# Self Care Studio

A space to enhance creativity  
& focus on personal wellness

## Songs of Thankfulness

**Tuesday, November 19, 12 to 1 p.m.,  
WPCC-B (this is an in-person event)**

Join Haleigh Black, violinist in residence with UAB Arts in Medicine, for an in-person meetup centered around thankfulness. Enjoy a calming violin performance along with guided mindfulness and creative activities. **No materials needed.**

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