



Self-Care Tags

AN EACC THERAPEUTIC ART GROUP

Examine the idea of the Self-Care Tag as a tool and a reminder of the actions you need to take to be your best self, in this therapeutic art session with UAB EACC Counselor Carrie May. You do not need to be artistic to participate.

WHEN & WHERE:

Wednesday, September 9,
4-5 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.

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.

REGISTRATION:

Email carriemay@uabmc.edu for Zoom link and password. Email HRAWARE@uab.edu to request disability accommodations.

Please note, the EACC Therapeutic Art Group is NOT a My Health Rewards point-earning opportunity.

