



Self Care Studio

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

Fall Renewal

Create art for self-care focused on the theme of fall renewal. Provisional Art Therapist Molly Werk of UAB Arts in Medicine will guide participants through a nature-inspired creative process using natural materials like rocks, sticks, leaves and flowers. Feel free to bring your lunch!

WHEN & WHERE:

Tuesday, September 15, 12-1 p.m.,
West Pavilion Conference Center-B

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.