



Self-Care Tag

AN EACC THERAPEUTIC ART GROUP

Use this time to create a "self-care tag" for yourself — what are the instructions for treating yourself in the best way possible? Creativity meets accountability in this session with EACC Counselor Carrie May. *No art experience needed.*

WHEN & WHERE:

Friday, May 23,
3 to 4 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.

