



Self Care Studio

A space to enhance creativity
& focus on personal wellness

Fall Renewal

14-Day Sketchbook Challenge

The 14-Day "Fall Renewal" Sketchbook Challenge is designed to help you build a consistent sketchbook practice, explore different pen and ink drawing techniques, and develop creative thinking. Learn how sketchbooking supports your mental health and wellbeing, receive fall renewal-inspired prompts for each day to inspire you, and complete your first sketchbook drawing. Participants will receive a sketchbook, drawing pencil, eraser, and specialized pen for drawing. Feel free to bring your lunch!

WHEN & WHERE:

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

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.

Self Care Studio is a My Health Rewards points-earning opportunity.

UAB The University of
Alabama at Birmingham.
Employee Assistance & Counseling Center

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