



## Self Care Studio

A space to enhance creativity  
& focus on personal wellness

# New Beginnings

January is a month of change, reflection and resolution. Most of us at one time have attempted to make life-changing New Year's resolutions, only to forget about them by February.

In this session with EACC Counselor Carrie May, use therapeutic art making to set intentions — not resolutions — for new beginnings in 2026. **No art experience required.**

.....  
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.

### WHEN & WHERE:

Tuesday, January 6, 12-1 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.

### REGISTRATION:

Email [carriemay@uabmc.edu](mailto:carriemay@uabmc.edu) for Zoom link and password. Email [hraware@uab.edu](mailto:hraware@uab.edu) to request disability accommodations.

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