



Self Care Studio

A space to enhance creativity
& focus on personal wellness

Songs of Spring

Join Haleigh Black, UAB Arts in Medicine violinist-in-residence, for an hour of easy-going violin/fiddle music, meditation, and collaborative songwriting. This is a time to stop and enjoy the connection and natural high that music can bring. No materials or musical experience needed.

WHEN & WHERE:

Tuesday, March 17,
12-1 p.m., WPCC-G

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.