



# Self Care Studio

A space to enhance creativity  
& focus on personal wellness

## Mindfulness

Join EACC Counselor Kourtney Young to gain a clear understanding of why mindfulness and self-care are important for your mental and physical wellbeing, learn mindfulness techniques you can easily integrate into your daily routine, and develop a personalized self-care plan with mindfulness practices tailored to your individual needs and lifestyles.

### **WHEN & WHERE:**

Tuesday, May 6, 12 to 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:**

Visit [go.uab.edu/EACC-Calendar](https://go.uab.edu/EACC-Calendar) and select a Self Care Studio date to register. Email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu) to request disability accommodations.