



Self Care Studio

A space to enhance creativity
& focus on personal wellness

Thankful Etegami

Etegami is a traditional Japanese art form that originated from the desire to send heartfelt, handmade postcards to friends and loved ones. An Etegami picture letter often portrays vegetable, fruit, flower or other everyday object accompanied by an apt phrase.

Join UAB Arts in Medicine Program Assistant Deidra Sanderson to create your own Etegami piece that you can mail, gift, or keep.

All supplies provided.

WHEN & WHERE:

Tuesday, November 11,
12-1 p.m., WPCC-B

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.