



Gratitude

AN EACC THERAPEUTIC ART GROUP

Research shows the practice of gratitude is associated with greater overall happiness. Take some time to remember what you are grateful for and process those memories, feelings and emotions by creating a "Gratitude Tree," in this session with UAB EACC Counselor Carrie May. You do not need to be artistic to participate.

WHEN & WHERE:

Friday, November 20, 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.

MATERIALS:

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.

REGISTRATION:

Email carriemay@uabmc.edu for Zoom link and password. Email HRAWARE@uab.edu to request disability accommodations.

Please note, the EACC Therapeutic Art Group is NOT a My Health Rewards point-earning opportunity.

