



# Self Care Studio

*A space to enhance creativity  
& focus on personal wellness*

## Celebrate the Self

Participants will use art to explore the roots of their identity and the experiences that shape them, in this uplifting and creative workshop with UAB Arts in Medicine Artist-in-Residence Elizabeth Cunniff. By creating a visual representation of growth, resilience, and self-discovery, "Know Yourself, Grow Yourself" encourages reflection, connection, and celebration of the self.

### **WHEN & WHERE:**

Tuesday, July 21, 12-1 p.m.,  
Margaret Cameron Spain Auditorium

### **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:**

Follow the QR code or 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.

