



Self Care Studio

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

Year in Review

Let's take a
look back...
Participants
will explore the
highs and lows
of 2025 and set
goals for 2026, in
this session with
EACC Counselor
Karen Coats,
LPC.

WHEN & WHERE:

Wednesday, December 17, 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.

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.