



Self Care Studio

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

Embrace Inner Harmony

Join Haleigh Black,
violinist-in-residence
with UAB Arts in
Medicine, for an hour
of relaxing violin music
and mindfulness
exercises to explore
self-compassion and
face life's challenges
with kindness.
No materials needed
— just come as
you are.

WHEN & WHERE:

Tuesday, July 8, 12 to 1 p.m.,
WPCC-B (this is an in-person event)

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.