



# Crystal Ball

## AN EACC VIRTUAL ART GROUP

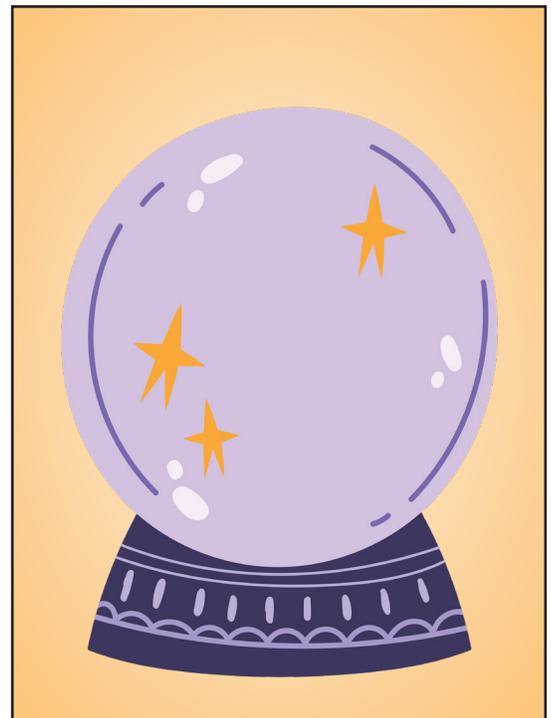
Take a deeper dive to understand your own emotions and what you have (and don't have) control over, in this session with EACC Counselor Carrie May. As you reflect on this artwork you can outline action steps for yourself as well as recognize boundaries. *No art experience needed.*

**WHEN & WHERE:**  
**Friday, May 17, 1-2 p.m., via Zoom**

**WHO:**  
Program is free and open to all UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, and i3 Academy employees, and members of their immediate households.

**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](mailto:carriemay@uabmc.edu) for Zoom link and password. Email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu) to request disability accommodations.



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