

HAPPINESS:

How Positive Psychology Creates Change



Learn about the health outcomes of optimism, strategies to increase optimism and the role of positive emotions, in this presentation by EACC Counselor Kathryn Jones, PhD, LMFT, CEAP, BC-TMH.

WHEN & WHERE

Wednesday, Dec. 12, noon-1 p.m.,
West Pavilion Board Room

WHO

Program is open to all UAB,
UAB Medicine, VIVA and Homewood
City School System employees.

REGISTRATION:

Go to uab.edu/learn and enroll in “Happiness” under the catalog tab. Program also available via Zoom meeting; registered participants will be emailed an invitation to the online meeting. To request disability accommodations email dss@uab.edu or call 205-934-4205.

For a complete schedule of upcoming EACC programs and events, visit uab.edu/eacc.