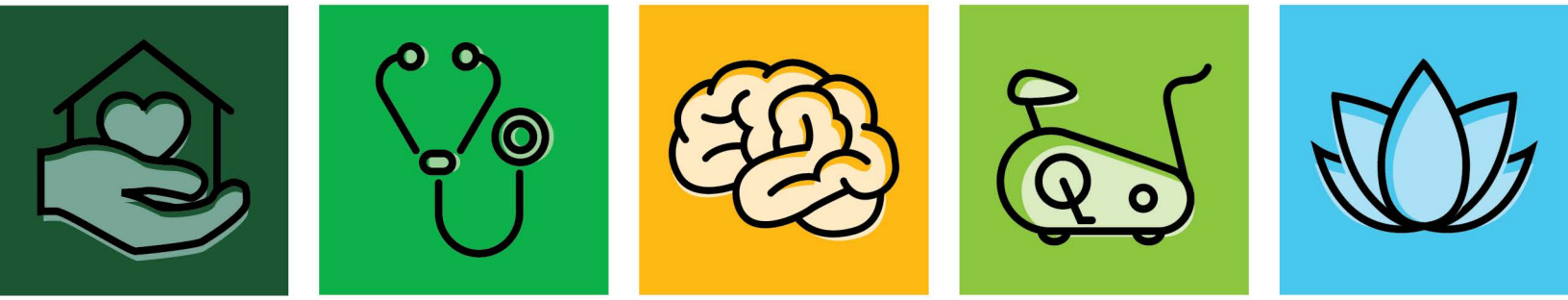
HEALTHY AGING

An Eldercare Education Series

Presented by the UAB Employee Assistance & Counseling Center and Senior Care Authority



Home for the Holidays: Combining Joy & Concern on Visits with Seniors

Be prepared for holiday visits with aging loved ones. Join Senior Care Authority's David Johnson and learn how to identify signs that indicate your loved ones need care and how to discuss the options available. Plus, get a look at what the holiday season looks like in senior living communities.

WHEN & WHERE:
Tuesday, December 8,
noon to 1:15 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 "Healthy Aging" to register. To request disability accommodations, email HRAWARE@uab.edu.

UAB The University of Alabama at Birmingham
Employee Assistance & Counseling Center

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