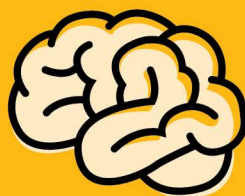


HEALTHY AGING

An Eldercare Education Series

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



Healthy Aging Truth and Consequences

Join Steve Briggs, President of Petra Life Services, for an informative discussion on long-term care planning. This session will explore key considerations individuals and families should keep in mind when planning for future care needs and navigating long-term care decisions.

WHEN & WHERE:

Tuesday, May 19,
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



A MHR Point-Earning Opportunity

MY HEALTH REWARDS
uab.edu/myhealthrewards