

# HEALTHY BOUNDARIES

## *for a Healthier You*



Join EACC Case Manager Jada Baker, CCISM, LMSW, for a discussion on healthy boundaries. Learn how to differentiate between porous, rigid and healthy boundary styles; recognize common signs of boundary strain; describe at least three barriers to setting boundaries; and how to use a simple boundary-setting framework.

Participants will also develop one personalized actionable boundary goal.

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*This presentation is eligible for one (1) Continuing Education hour by Provider CSWE Accredited University.*

### **WHEN & WHERE:**

Tuesday, May 12,  
noon-1 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](https://go.uab.edu/EACC-Calendar) and select "Healthy Boundaries" to register. To request disability accommodations, email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu).