

STRESS MANAGEMENT



What do we do about daily stress in our lives? How do we cope and prevent it from happening? Join EACC Counselor Natalie Twelkemeier, ALC, and explore the causes, sources, and effects of acute and chronic stress. Participants will also learn the importance of managing daily stressors and develop a stress management personal action plan.

WHEN & WHERE:

Wednesday, August 19, 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 and select "Stress Management" to register. To request disability accommodations, email HRAWARE@uab.edu.