UAB Employee Assistance & Counseling Center presents a monthly educational seminar for VIVA Health employees

RESILIENCE

Learn to define and identify resilience and explore strategies for building resilience, in this presentation by EACC counselor Kathryn Jones, PhD.

WHEN:
Wednesday, August 21, noon-1 p.m.

WHERE:
Dauphin Island Room 205

REGISTRATION:
Go to uab.edu/learn and enroll in “Viva — Resilience” under the catalog tab.

To request disability accommodations email dss@uab.edu or call 205-934-4205.