

WORK-LIFE INTEGRATION



Learn to identify the risks of ignoring stress in work and life areas, identify work-life balance considerations, and discuss work-life integration strategies in this presentation by EACC Counselor Kourtney Young, LPC, NCC.

WHEN & WHERE:

 **Wednesday, September 16,**
noon-1 p.m. via Zoom

WHO:

Program is free and open to all UAB, UAB Medicine, VIVA and Homewood City School employees and members of their immediate household.

REGISTRATION:

Go to go.uab.edu/EACC-Calendar and select “Work-Life Integration” for registration link.

- Zoom Meeting ID: 981-1117-8987
- Zoom Passcode: 922311



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