



Hopeful Healing

An EACC SUPPORT GROUP for COPING with CHRONIC ILLNESS

It is not uncommon for those living with a chronic illness to experience pain, fatigue, physical changes, stress or difficulty with usual activities. Join EACC Counselor Khoi Bishop for a confidential, member-led, virtual discussion and find hope in sharing your personal experiences and knowing you're not alone.

WHEN & WHERE:

**Group meets on the last Tuesday of the month,*
5:15 to 6:15 p.m., via Zoom**

****Oct. group meets 10/24; Dec. group meets 12/19***

WHO:

Program is free and open to all UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, and i3 Academy employees, and members of their immediate households.

REGISTRATION:

Go to **go.uab.edu/EACC-Calendar** and select a date to register via Zoom. *To request disability accommodations, email HRAWARE@uab.edu.*



EMPLOYEE ASSISTANCE
& COUNSELING CENTER

The University of Alabama at Birmingham