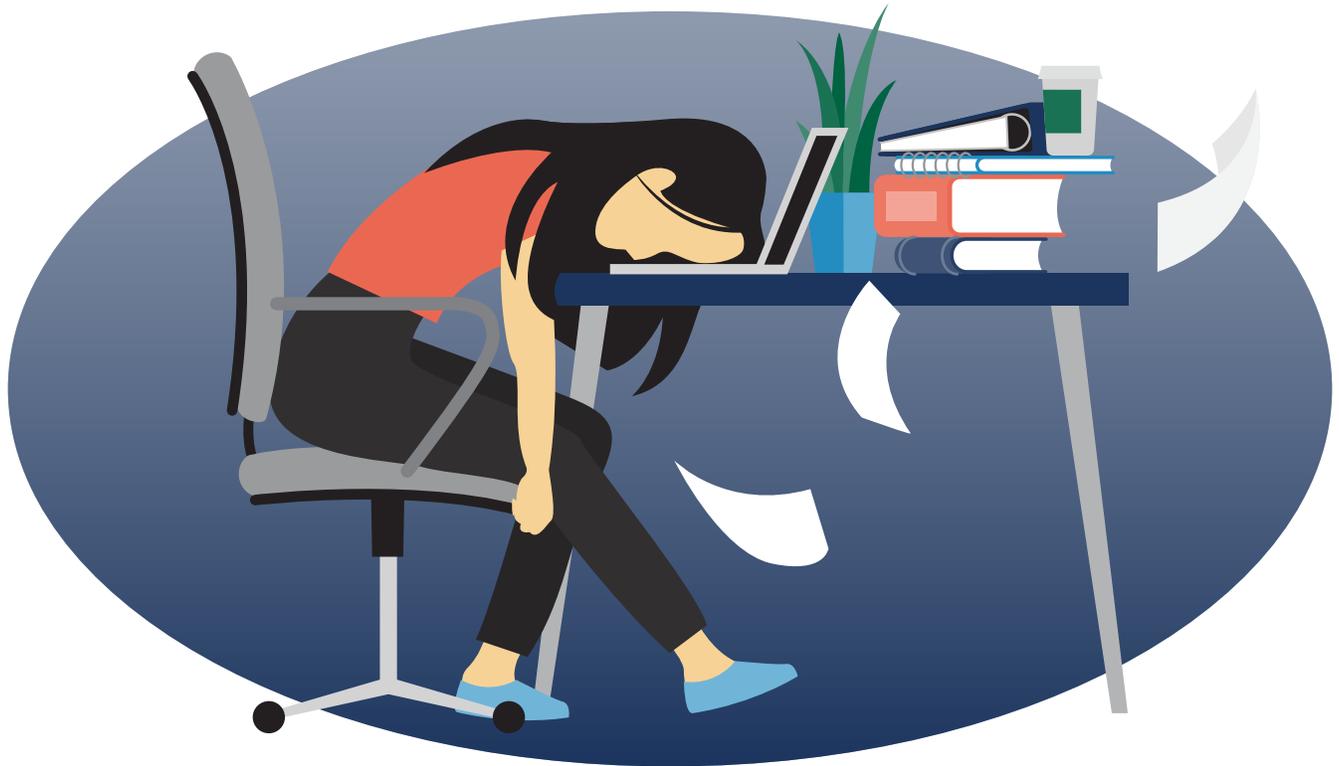


STRESS

CAN YOU HANDLE IT?



Participants will learn about types of stress and their effects, and how to develop and utilize coping skills for managing stress, in this presentation with EACC Counselors Karen Coats (M.Ed, LPC, NCC, BC-TMH) and Raven Conwell (M.Ed, LPC).

WHEN & WHERE:
Wednesday, September 14,
noon-1 p.m. via Zoom

WHO:

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

REGISTRATION:

To register, go to go.uab.edu/EACC-Calendar and select "Stress: Can You Handle It?" *To request disability accommodations, email HRAWARE@uab.edu.*



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