

WORK-LIFE INTEGRATION



Participants will learn the risks of ignoring stress in work and life areas, identify work-life balance considerations and discuss work-life integration strategies, in this presentation with EACC Counselor Kourtney Young, LPC, NCC, BC-TMH, Registered Play Therapist.

WHEN & WHERE:
Wednesday, July 13,
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 "Work/Life Integration." *To request disability accommodations, email HRAWARE@uab.edu.*