

HEALTHY AGING

AN ELDERCARE EDUCATION SERIES

*Presented by the UAB Employee
Assistance & Counseling Center
and Senior Care Authority*



Aging is Certain! Resources to Navigate its Uncertainties

Each passing day proves that aging is a certainty. While we all experience it, many of us also have to deal with the uncertainties that come along with it. This impact is most pronounced on the “sandwich generation” who are juggling the care of dependent or young adult children with that of aging parents. Join Senior Care Authority to explore the difficulties this presents and discover resources to help you navigate the uncertainties of aging.

WHEN & WHERE:

Tuesday, February 24,
noon to 1:15 p.m., via Zoom

WHO:

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

REGISTRATION:

Visit go.uab.edu/EACC-Calendar and select “Healthy Aging” to register. To request disability accommodations, email HRAWARE@uab.edu.

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Employee Assistance & Counseling Center



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