



# 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**  
***\*December group meets 12/17***

### **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:**

Go to [go.uab.edu/EACC-Calendar](https://go.uab.edu/EACC-Calendar) and select a date to register via Zoom. *To request disability accommodations, email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu).*



EMPLOYEE ASSISTANCE  
& COUNSELING CENTER

The University of Alabama at Birmingham