

AN EACC STRESS AWARENESS MONTH EVENT

Stress Management



Learn more about stress and effective ways to manage it, during a Stress Awareness Month presentation with EACC Counselor Liz Gunter. Participants will discuss the effects of stress on the body and learn to develop coping tools for stress. For more EACC stress management resources, visit go.uab.edu/stressmgmt.

WHEN & WHERE:
Tuesday, April 23,
4-5 p.m., via Zoom

WHO:

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

REGISTRATION:

Go to go.uab.edu/EACC-Calendar and select “Stress Management” to register. *To request disability accommodations, email HRAWARE@uab.edu.*