

STRESS MANAGEMENT



Participants will learn to understand types of stress and how stress impacts the body, as well as how to develop and utilize stress management tools, in this presentation with EACC Counselor Karen Coats, LPC.

WHEN & WHERE:

Thursday, April 10, noon-1 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:

To register, go to go.uab.edu/EACC-Calendar and select "Work/Life Integration." *To request disability accommodations, email HRAWARE@uab.edu.*