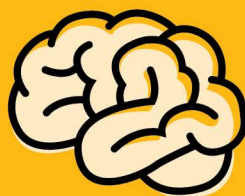


# HEALTHY AGING

## An Eldercare Education Series

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



## Beating the Odds: Tips for Avoiding the Need for Elder Care

Join Senior Care Authority's David Johnson, for an informative discussion on maintaining your health through prevention and wellness and healthy lifestyle choices for aging adults, as well as planning strategies to be ready for what may come.

### **WHEN & WHERE:**

Tuesday, August 25,  
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](https://go.uab.edu/EACC-Calendar) and select "Healthy Aging" to register. To request disability accommodations, email [HRAWARE@uab.edu](mailto:HRAWARE@uab.edu).

**UAB** The University of  
Alabama at Birmingham.

Employee Assistance & Counseling Center



*A MHR Point-Earning Opportunity*

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