

HEALTHY AGING

An Eldercare Education Series for UAB Employees



Home for the Holidays: Combining Joy & Concern on Visits with Seniors

Be prepared for holiday visits with aging loved ones. Join Senior Care Authority Coordinator Linda Needham and learn how to identify signs that indicate your loved ones need care and how to discuss the options available. Plus, get a look at what the holiday season looks like in senior living communities.

WHEN & WHERE:

**Tuesday, December 9,
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.

UAB The University of
Alabama at Birmingham.

Employee Assistance & Counseling Center



A MHR Point-Earning Opportunity

MY HEALTH REWARDS
uab.edu/myhealthrewards