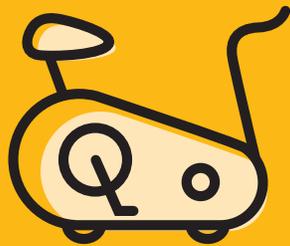


HEALTHY AGING

An Eldercare Education Series for UAB Employees



Senior Care Options: Understanding and Navigating with Confidence

How do you determine when it is time and what senior care options are appropriate for your loved ones? Senior Care Authority's David Johnson will help you understand the options and the costs, navigate the process of selecting the best option, and explore funding sources so you're prepared when it is time.

WHEN & WHERE:

Tuesday, June 10,
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