

HEALTHY AGING

AN ELDERCARE EDUCATION SERIES

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



Home for the Holidays

Joy and Concern on Visits with Seniors

Holiday gatherings are a time of joy and celebration. They can also be a time for situational assessment for aging loved ones. Learn how to prepare for holiday visits with your loved ones, how to identify signs that indicate concern, as well as tips for having the conversations that may need to occur.

WHEN & WHERE:

**Tuesday, December 17,
noon to 1 p.m., via Zoom**

WHO:

Program is free and open to all UAB, UAB Medicine, VIVA Health, Homewood and Tarrant City Schools, and i3 Academy 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.*