

SAV BOO TO THE FLU

FREE flu shots for UAB employees

MARGARET CAMERON SPAIN AUDITORIUM
October 3 - 31 uab.edu/flu

No appointment necessary
ONE Card and mask required

October 14, 2022

What does wellness mean to you?

Share a photo or video for a chance to win prizes

DEADLINE: 11 p.m. Oct. 21

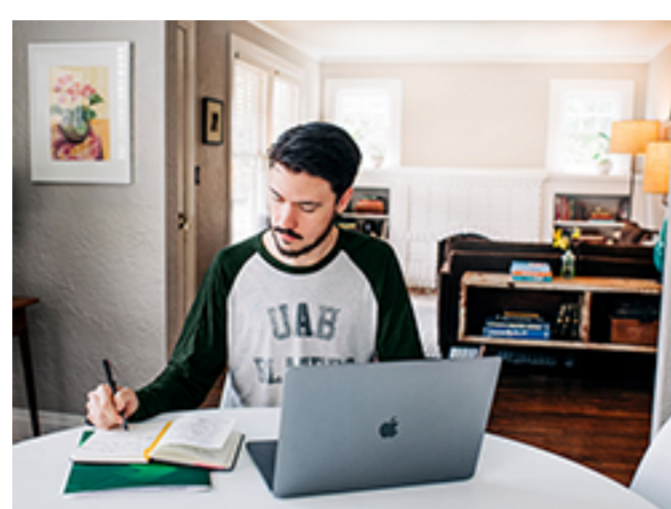
SUBMIT

During Wellness Week Oct. 17-21, upload photos and videos that show your idea of wellness — 20 winners will be selected randomly and win a \$25 gift card. Submit with your name and UAB email address by 11 p.m. Oct. 21. See a list of Wellness Week events on the Campus Calendar, and find additional resources from UAB Employee Wellness and the Heersink School of Medicine Office of Wellness.



9 ways to reduce your health care costs in 2023

Nationwide, the cost of everything is rising, and UAB is working to balance the impact of these costs on its employees and the organization. Here are some things you can do to reduce your out-of-pocket expenses.



Explore the benefits of Open Access publishing Oct. 24-28

In recognition of International Open Access Week Oct. 24-28, the UAB Libraries Office of Scholarly Communication will host events aimed at educating the UAB community about the benefits of Open Access publishing in academic and research communities.



Goodin to serve on \$21 million NIH initiative researching the opioid crisis

Burrell Goodin, Ph.D., professor in the Department of Psychology, will coordinate community and stakeholder engagement to deliver lay-friendly, culturally appropriate information on research findings to communities most vulnerable to the crisis.

More news online

Get campus news at uab.edu/reporter and uab.edu/news and COVID-19 updates at uab.edu/uabunited. Check the Campus Calendar for more events on campus, and submit your own. If you have news you want to share, use the Request Publicity form online.

Things to know

- UAB encourages flexibility for Election Day voting**
To affirm UAB's support for our campus community's participation in the Nov. 8 general election, we ask UAB and UAB Medicine supervisors and instructors to be reasonably flexible with Election Day schedules to permit students and employees an opportunity to cast their ballots. [Read more.](#)
- Get discounts on UAB Football tickets, Bookstore items for Family Weekend**
Employees can get \$12 tickets to UAB Football vs. Charlotte Oct. 15 at Protective Stadium. And during Fam Jam at the UAB Bookstore Oct. 14, show your ONE Card to get 20% off in-store purchases, enter to win prizes, grab a free snack from Insomnia Cookies and get your picture taken with Blaze. [Read more.](#)
- Show your support during Domestic Violence Awareness Month**
The Employee Assistance and Counseling Center is hosting a toiletry drive Oct. 17-21, a recognition walk Oct. 18, Wear Purple Day Oct. 20 and a virtual candlelight vigil for victims Oct. 21. [Learn more and find additional resources online.](#)

Research & learning



How learning to be vulnerable shaped this UAB leader

In this lunch-and-learn series, hear first-person stories about vulnerability and leadership from women at UAB. Next up: EACC Director Tami Long, Ph.D.

🕒 noon Oct. 18
📍 virtual
[Register online](#)

Can you slow aging with diet? UAB researchers want to know

Researchers from the Department of Nutrition Sciences are conducting the largest study on record investigating the effects of intermittent fasting on aging. [Learn more.](#)

Free virtual workshops from eLearning:

Facilitating Group Activities
Learn best practices for hosting group activities in online courses.

🕒 11 a.m. Oct. 14
[Register online](#)

Creating and Uploading Videos
Learn to use Kaltura, Zoom and PowerPoint, plus how to share in Canvas.

🕒 11 a.m. Oct. 19
[Register online](#)

More learning opportunities:

The ABCs of Viral Hepatitis: Update for Public Health Professionals
Get an overview of hepatitis epidemiology and current surveillance data that reveals trends, challenges, prevention through vaccination and approaches to treatment.

🕒 noon Oct. 18
📍 virtual
[Register online](#)

The Current Politics of Victimhood in The Former Yugoslavia
Jessie Barton-Hronešová, Ph.D., Marie Skłodowska-Curie Global Fellow, UNC-Chapel Hill and Ca' Foscari University, will discuss.

🕒 5 p.m. Oct. 19
📍 Heritage 106
[Register online](#)

Mark your calendars



Hear chamber music chosen to complement 'I, Too, Alabama'

Hear a collection of music curated by Laura Usiskin in response to the works and themes found in the work of Thornton Dial, on display in AEIVA through Dec. 10.

🕒 6 p.m. Oct. 20
📍 AEIVA
[Details online](#)

Lizz Wright
Hear the acclaimed vocalist who sings with a soaring reflection of the cultural fabric of America.

🕒 6 p.m. Oct. 23
📍 ASC Jemison Concert Hall
[Buy tickets online](#)

14th annual Uncork Education
Support student scholarships and enjoy food and drinks, entertainment and a live silent auction.

🕒 5:30 p.m. Nov 6
📍 Alumni House
[Buy tickets online](#)

find **Halloween-themed** events

calendar.uab.edu/halloween

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