As scorching temperatures continue to sweep the nation, a leading expert in human physiology and nutrition sheds light on the fascinating connection between heat and health.

Mark your calendars for these upcoming events:

- **Beating the burnout**
  - Location: UAB Staff Omega Center
  - Date: 9:30 a.m. July 28
  - Time: 9:30 a.m. to 12 noon
  - Details: Megan Hays, Ph.D., will share strategies that staff members can use to reignite joy in their jobs and lives.

- **Learn how to renew**
  - Location: UAB Staff Omega Center
  - Date: 9 a.m. Aug. 16
  - Time: 9 a.m. to 10:30 a.m.
  - Details: Learn how to renew emotional energy that previously depleted by maladaptive thought patterns.

- **Register, submit abstracts for ENRICH Week**
  - Date: 9:00 a.m. July 27
  - Time: 9:00 a.m. to 5:00 p.m.
  - Details: Abstracts for the Sept. 19 ENRICH Week poster session are due Aug. 4; this annual conference for health care educators promotes teaching skills, fosters curriculum innovation and showcases research in health education for the 21st century.

- **Practice self-care**
  - Location: UAB Staff Omega Center
  - Date: 2:00 p.m. Aug. 5
  - Time: 2:00 p.m. to 3:30 p.m.
  - Details: Learn how to prepare for a successful two-hour conversation with your supervisor and learn how to model offers insights on communication preferences and how they influence job satisfaction.

- **Join the cost sport weekly walks**
  - Location: UAB Staff Omega Center
  - Date: Noon Aug. 2
  - Time: Noon to 12:30 p.m.
  - Details: Join the cost sport weekly walks with the Staff Council and your colleagues to gather your thoughts to identify strategic research priorities and areas of change.

- **Meet the team, celebrate the season at free Fan Fest**
  - Location: UAB Staff Omega Center
  - Date: Noon Aug. 8
  - Time: Noon to 1:30 p.m.
  - Details: Meet the team, celebrate the season at free Fan Fest. Interact with players, get autographs, pick up posters and play interactive games at the UAB Football Operations Building.

- **Practice self-care**
  - Location: UAB Staff Omega Center
  - Date: Noon Aug. 1
  - Time: Noon to 1:30 p.m.
  - Details: Learn how to prepare for a successful two-hour conversation with your supervisor and learn how to model offers insights on communication preferences and how they influence job satisfaction.

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