

REAL SUPPORT FOR REAL LIFE



Brought to you by your Employee Assistance Program:

Pay It Forward: A Guide to Giving Back

Our lives are shaped by the kindness of others. We can't always pay them back, but we have the power to pass it on. From small random acts to volunteering, you have a chance to make life better for others. In this seminar, we'll explore the possibilities, how to get started, and the many benefits of doing good.

Wednesday, February 23, 2022
2 pm ET / 1 pm CT / 11 am PT

Log in to register for this seminar at:

www.Cigna.com/EAPWebcasts

To view on-demand replay: Click the above link. When you log into the Wellness Webcast portal, you can choose to attend this seminar, register for upcoming seminars, or attend other on-demand seminars.

A Certificate of Attendance is available for this presentation.

On-demand replay will be available starting 2 hours after the live presentation.

Together, all the way.™



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