

REAL SUPPORT FOR REAL LIFE



Brought to you by your Employee Assistance Program:

Stress Less: Mind and Body Strategies

Some stress is natural, but if you have too many demands, it can start to have a negative impact. Learn how stress affects our bodies, health, and happiness. Discover how thoughts can cause or worsen stress. And walk away with proven ways to manage stress.

Wednesday, February 9, 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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