

# REAL SUPPORT FOR REAL LIFE



**Cigna Employee Assistance Program Presents:**

## No More Humbugs: Emotionally Healthy Holidays

If you find yourself wishing you could skip the holidays altogether, you're not alone. For many people, the anticipation of difficult family interactions and overblown expectations can cause feelings of stress, anxiety, and even sadness. Join us to learn coping strategies to manage these emotions so you can find joy in the holidays.

**Wednesday, December 2, 2020**  
**2 pm ET / 1 pm CT / 11 am PT**

**Log in to register for this seminar at:**

[www.Cigna.com/EAPWebcasts](http://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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