

REAL SUPPORT FOR REAL LIFE



Cigna Employee Assistance Program Presents:

Thriving Through Uncertainty

We live in a world that can be unpredictable, no matter how much we plan ahead. The unknown can cause anxiety, fear, and discomfort. In this seminar, we'll explore strategies for coping with reactions to an uncertain world. We'll cover how to make decisions and take action at home and at work, even when the outcome is hard to predict. Join us as we explore how to move past living with uncertainty to thriving through it.

Wednesday, January 6, 2021

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.™



All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation.

Use and distribution limited solely to authorized personnel. 8808851 10/20 © 2020 Some content provided under license.