

REAL SUPPORT FOR REAL LIFE



Cigna Employee Assistance Program Presents:

Mental Health: Let's Talk About It

Mental health issues are often hidden in the shadow of stigma. In this seminar, we'll shed light on the myths and misconceptions around mental health. We'll look at the obstacles that can stand in the way of getting treatment, and discuss how to overcome them. Learn how you can get support when you need it, and be a support for others.

Wednesday, May 5, 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.™



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