

# REAL SUPPORT FOR REAL LIFE



Cigna Employee Assistance Program Presents:

## Change and Challenges: Developing Your Resilience

Most of us struggle when life throws curveballs. Building up your resilience “muscles” can help you deal more effectively with challenges, uncertainty, and change. Join us to learn what resilience is and how to identify it in yourself. We’ll explore strategies that can help you to adapt and stay productive during stressful times. Discover how to grow more resilient and not just survive, but thrive, in today’s complicated world.

**Wednesday, August 18, 2021**  
**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.

**Together, all the way.™**

**A Certificate of Attendance** is available for this presentation.

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

