

# REAL SUPPORT FOR REAL LIFE



**Cigna Employee Assistance Program Presents:**

## Blueprint for Emotional Wellness

Life throws many challenges our way. Trying to manage them and be our best selves can sometimes seem overwhelming. In this seminar we're going to ask you to shift your focus from the stressors coming at you to the strengths that are within you. You'll learn how to grow more self-aware and tap your inner wisdom. We'll talk about how to manage emotions and thoughts in a positive way. You'll also learn why a good support system is so important - and how to be more supportive yourself.

**Wednesday, November 3, 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.

**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.™**

