

REAL SUPPORT FOR REAL LIFE



Cigna Employee Assistance Program Presents:

The Power of Gratitude

Even in the hardest times, there's something to be grateful for. An "attitude of gratitude" brings with it a world of benefits, from improving our relationships to feeling happier at work. In this seminar, we'll look at what science tells us about how gratitude can positively impact your life. We'll review ways to make gratitude a regular part of your daily routine. And how to see the positive in even the darkest of times. Join us as we learn how to harness the power of gratitude to enrich and empower.

Wednesday, December 8, 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.

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.

