

# REAL SUPPORT FOR REAL LIFE



**Brought to you by your Employee Assistance Program:**

## Holiday Stress: Putting Happy Back in the Holidays

Shopping, cooking, family. . . help! For many, the holidays deliver stress and challenges instead of good cheer. Join us to discover how to let go of unrealistic expectations. We'll discuss balancing obligations with your own needs, dealing with difficult family members, and overspending. And explore ways to really enjoy the season.

**Wednesday, December 7, 2022**  
**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.™**



All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Evernorth Care Solutions, Inc. and Evernorth Behavioral Health, Inc. Use and distribution limited solely to authorized personnel.

880885-24 02/22 © 2022 Some content provided under license.