

REAL SUPPORT FOR REAL LIFE



Cigna Employee Assistance Program Presents:

Why We Worry and What to Do About It

We all get stuck on “what if’s” and “should have’s” from time to time. But when worry starts to impact everyday life in a significant way, you may need to rethink your thinking. We’ll discuss strategies that can help you cope with and control worrisome thoughts. And talk about how to respond when anxiety goes beyond everyday worry.

Wednesday, October 21, 2020
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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