

REAL SUPPORT FOR REAL LIFE



Cigna Employee Assistance Program Presents:

Healthy Life Tips for Women

Are you fighting with health advice overload? It doesn't have to be so complicated. Join us to review core ways you can create a basic blueprint for better health – mind, body, and spirit. We'll look at key health risk factors for women, and discuss screenings, diet, exercise, and sleep tips that can help. We'll explore the impact of stress and talk about how friendships, fun, and purpose not only enrich your life, but can help you to be healthier. Join us to chart your path to wellness!

Wednesday, May 19, 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.

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.™

