

REAL SUPPORT FOR REAL LIFE



Cigna Employee Assistance Program Presents:

Healthy Life Tips for Men

Diets and workout gimmicks that promise instant results are tempting, but good health actually starts with simple, everyday lifestyle choices. We'll share simple science-based strategies for nutrition, exercise, and sleep, and review risk factors and screenings you'll want to have on your radar. We'll also look beyond physical health to explore the role that things like relationships and purpose play in wellness. Join us and get motivated to start making positive changes today!

Wednesday, June 2, 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.™

