

REAL SUPPORT FOR REAL LIFE



Cigna Employee Assistance Program Presents:

Managers: Stress Management for Managers

Stress and management are nearly synonymous. Ignoring that stress can take a toll. Take a timeout with us to get strategies you can use to bring the pressure down. We'll discuss in-the-moment strategies and proactive moves to help you better manage your stressors. Learn how to tap your resilience to gain control of stress.

Wednesday, November 17, 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.™

