



# Real Support for Real Life

Brought to you by your Employee Assistance Program

## Endings & Opportunities: The Power of Acceptance

Life is full of curveballs and closed doors. But we each have the power to not only survive but thrive through change – the power of acceptance. Join us to understand what acceptance is (and is not). Discover strategies to help you embrace this attitude and learn how it can open the door to new opportunities.

**Wednesday, March 6, 2024**  
**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.

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