



Real Support for Real Life

Brought to you by your Employee Assistance Program

Minding Your Mental Health

We know there are many ways to improve our physical health, but we can lose sight of the fact that the same is true for our mental health. Join us to talk about how self-care can help build emotional strength, stability, and vitality. We'll share ideas for how you can invest in your wellbeing each day and how professional support can play a role.

Wednesday, May 22, 2024
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.

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Employee assistance program services are in addition to, not instead of, your health plan benefits. These services are separate from your health plan benefits and do not provide reimbursement for financial losses. Program availability may vary by plan type and location, and are not available where prohibited by law.

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