



# Real Support for Real Life

Brought to you by your Employee Assistance Program

## Eat Well to Feel Well: Food and Your Mental Health

Science is increasingly confirming a direct relationship between what we eat and how we feel. In this seminar, we'll explore how the gut and brain are connected and how to "feed" a healthy gut. Learn about important nutrients for mental health and discover strategies for putting a balanced, mood-boosting diet into practice.

**Wednesday, June 19, 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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