



# Real Support for Real Life

Brought to you by your Employee Assistance Program

## Conversations About End of Life

Many of us struggle when it comes to discussing thoughts, feelings, and wishes related to end of life. But not having these conversations can rob this last stage of precious quality. Join us to look at why we're uncomfortable and how to get past it. Learn what could be valuable to touch on and words that can help you get started.

**Wednesday, November 19, 2025**  
**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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