



Real Support for Real Life

Brought to you by your Employee Assistance Program

Spread Too Thin: Life in the Sandwich Generation

Caring for both aging loved ones and your family can stretch you to the breaking point. From family dynamics to finances, emotional overload to time management – we'll talk about handling the layers of challenges. You'll gain resources to help lighten your load. And get tips for maintaining your own health and happiness in the 'sandwich.'

Wednesday, November 5, 2025
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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