



# Real Support for Real Life

Brought to you by your Employee Assistance Program

## What's for Dinner? Meal Planning Made Simple

When you're tired and hungry after a long day, the last thing you want to do is plan and prepare a perfectly balanced meal. That's where pre-planning comes in! In this seminar, we'll explain why meal planning is important – and how to make it easier. We'll explore different strategies that can help you get ahead of the stress and make healthy meals everyone will enjoy.

A Certificate of Attendance is available for this presentation.

**Wednesday, January 14, 2026**  
**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)

**On-demand replay** will be available starting 2 hours after the live presentation.

**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.

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