



# Real Support for Real Life

Brought to you by your Employee Assistance Program

## Boosting Belonging at Work

Feeling like we belong to a group or community is a crucial part of our well-being. Just like our friends, families, or neighborhoods, our workplaces can provide a sense of community too! Join us as we learn about how to boost a sense of belonging in the workplace. We'll learn what belonging is and get some hands-on practice with building it in our own teams.

**Wednesday, January 28, 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)

**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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