



Real Support for Real Life

Brought to you by your Employee Assistance Program

Uncovering Purpose

For many, the search for purpose can be a lifelong journey. But there are ways to make the path more clear. Join us as we look closer at the idea of "purpose" - what it means and why it's important. We'll review ways to discover clues on your purpose. And discuss concrete moves you can make to incorporate it into everyday living.

A Certificate of Attendance is available for this presentation.

Wednesday, January 7, 2026
2 pm ET / 1 pm CT / 11 am PT

Log in to register for this seminar at:

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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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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