Real Support for Real Life

Brought to you by your Employee Assistance Program

Living with Grief and Loss

Navigating loss, and the grief it brings, can be one of the most emotionally powerful experiences we face. While there's no easy way "through" it, this seminar can help you gain a better understanding of what to expect. We'll talk about some ways to cope and how to get and give support.

Wednesday, March 11, 2026
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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