Real Support for Real Life

Brought to you by your Employee Assistance Program

Mindfulness: Release the Stress

Going a mile a minute, our multi-tasking minds analyze, schedule, and compute. They also get tied up in worry, blame, and other stressful emotions. What would happen if you stopped it all for a moment? Join us to explore the practice of mindfulness. Discover how it can help you release stress, build resilience, and boost your well-being.

Wednesday, March 25, 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.