

# REAL SUPPORT FOR REAL LIFE



Brought to you by your Employee Assistance Program:

## Understanding Post-Traumatic Stress

Trauma can enter our lives in any number of ways. When it does, it can leave a long-lasting and stressful imprint. Join us to learn how the brain processes and stores traumatic memories and the role that plays in stress. We'll talk about how to manage the feelings, strategies that can help, and how to get support when you need it.

**Wednesday, June 1, 2022**  
**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.

**Together, all the way.™**



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