REAL SUPPORT FOR REAL LIFE



Brought to you by your Employee Assistance Program:

Managers: Whole Person Wellness for Leaders

Join us to explore the idea of whole person health and how it can empower you as a leader. We'll discuss the impact of stress and how to become more stress-resistant and resilient. Strategies include building self-awareness, managing challenging mindsets and emotions, as well as investing in self-care, interpersonal connections, and the power of purpose.

A Certificate of Attendance is available for this presentation.

On-demand replay will be available starting 2 hours after the live presentation.

Wednesday, August 17, 2022
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.

Together, all the way.™

Cigna®

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Evernorth Care Solutions, Inc. and Evernorth Behavioral Health, Inc. Use and distribution limited solely to authorized personnel.

880885-17 02/22 © 2022 Some content provided under license.