



Cigna Employee Assistance Program Presents:

Change & Challenges: Developing Your Personal Resilience

Wednesday, July 22, 2015 at 2pm ET/ 1pm CT/ 11am PT

Change is a fact of life. But that doesn't mean it's easy. Building up your resilience "muscles" can help you deal more effectively with uncertainty and change. Discover how you can adapt and remain productive during stressful times. Learn how to survive – and thrive – in today's complicated world.

Log in to register for this seminar at:

www.media-server.com/m/go/CignaEAPWellnessSeminars

**CERTIFICATE OF
ATTENDANCE
available!**

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

Seminar registration also available

by scanning QR code below:



**No matter what you need, chances are we can help.
Best of all it's free.**



Offered by: Connecticut General Life Insurance Company or Cigna Health and Life Insurance Company.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

Use and distribution limited solely to authorized personnel. 88075516 09/14 © 2014 Cigna