



Real Support for Real Life

Brought to you by your Employee Assistance Program

Endings & Opportunities: The Power of Acceptance

Life is full of curveballs and closed doors. But we each have the power to not only survive but thrive through change – the power of acceptance. Join us to understand what acceptance is (and is not). Discover strategies to help you embrace this attitude and learn how it can open the door to new opportunities.

Wednesday, March 6, 2024
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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