



# Real Support for Real Life

Brought to you by your Employee Assistance Program

## Minding Your Mental Health

We know there are many ways to improve our physical health, but we can lose sight of the fact that the same is true for our mental health. Join us to talk about how self-care can help build emotional strength, stability, and vitality. We'll share ideas for how you can invest in your wellbeing each day and how professional support can play a role.

**Wednesday, May 22, 2024**  
**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.

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