



Real Support for Real Life

Brought to you by your Employee Assistance Program

Work and Personal Life: The Balancing Act

You've got a family you love, amazing friends, and a demanding job – and they all want part of your life. But it feels like giving to one means taking from another. In this seminar, we'll discuss strategies that can help you fit the pieces together. Explore what balance means to you and start a plan to achieve it.

Wednesday, December 4, 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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