



# Real Support for Real Life

Brought to you by your Employee Assistance Program

## Wellness One Notes: Micro Moves for Better Health

Wellness is more than a great check-up. All aspects of our being – mind, body, and spirit – interact and impact our health and well-being. When it comes to making lifestyle and habit changes to support this big picture, small moves can be the way to go. From sleep strategies to social connections, join us to find your small steps to wellness.

**Wednesday, January 29, 2025**  
**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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