

# REAL SUPPORT FOR REAL LIFE



Brought to you by your Employee Assistance Program:

## Healthy Eating for Kids

Do you worry that the kids in your life are eating too much, or not enough, or “bad” foods? Are you concerned that they may be at an unhealthy weight? In this seminar, we’ll cover the many ways you can shape a child’s eating habits and help them build a healthy relationship with food and fitness.

**Wednesday, March 9, 2022**  
**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.

**Together, all the way.™**



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