

REAL SUPPORT FOR REAL LIFE



Brought to you by your Employee Assistance Program:

Mental Health: You Can Make a Difference

It can be hard to address the topic of mental health, especially in a work setting. But gaining greater understanding can help you help someone who is struggling. We'll talk about the stigma surrounding mental health and how you can move past it. We'll share some simple, but valuable ways you can lend support and make a difference.

Wednesday, September 7, 2022
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.

Together, all the way.™



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