

REAL SUPPORT FOR REAL LIFE



Brought to you by your Employee Assistance Program:

Beating the “Blahs”: Small Steps to Flourishing

Are you feeling aimless, flat, or bored with everyday life? It may be a case of "languishing." In this seminar, we'll uncover a path from the blahs to a state of flourishing - a feeling of contentment and renewed drive, interest, and engagement with life. We'll share a range of strategies you can incorporate into your everyday routines in small, realistic steps.

Wednesday, January 25, 2023
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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