

REAL SUPPORT FOR REAL LIFE



Brought to you by your Employee Assistance Program:

Emotional Exhaustion: Fighting the Fatigue

Navigating relentless challenges can leave us feeling adrift, weary, and out of moves. In this seminar, we'll talk about how to regroup emotionally using simple mindset shifts. We'll explore how to restore a feeling of stability and shape a realistic day. And share ways to begin re-sparking our essential vitality.

Wednesday, January 18, 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.

Together, all the way.™



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