

REAL SUPPORT FOR REAL LIFE



Brought to you by your Employee Assistance Program:

Exercise Essentials: Getting and Staying Active!

We know that exercise is important, but it often falls off the list due to lack of time or energy. But it doesn't have to be this way! In this seminar, we'll zero in on three key forms of exercise that you can incorporate into a sustainable workout that works for you. We'll talk about how to spark your motivation to get started and stick with it!

Wednesday, January 4, 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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