

# REAL SUPPORT FOR REAL LIFE



Brought to you by your Employee Assistance Program:

## Family Life: The Juggling Act

Work, family, activities, commitments... are you trying to keep too many “balls” in the air? We'll take a fresh look at the pressures that drive the family juggling act and talk about how to refocus priorities. You'll learn strategies to add balance, reduce stress, and manage your obligations more effectively.

**Wednesday, February 8, 2023**  
**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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