

# REAL SUPPORT FOR REAL LIFE



Brought to you by your Employee Assistance Program:

## Under Pressure: Managing Workplace Stress

Your job is an important part of your life, but sometimes it can seem like your entire life. How can you keep job stress from getting out of hand? In this seminar, we'll teach you ways to reduce stress and increase productivity so that you can make the most of your time out of the workplace.

**Wednesday, February 22, 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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