

REAL SUPPORT FOR REAL LIFE



Brought to you by your Employee Assistance Program:

It's My Budget & I'm Sticking to It!

Creating and sticking to a budget is the foundation for great personal finances. Why? It gets you in the habit of reviewing and adjusting your spending so that the most important goals in your life get funded. This class will outline a process for creating a spending plan and will offer practical tips for sticking to it!

Wednesday, April 5, 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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