

# REAL SUPPORT FOR REAL LIFE



Brought to you by your Employee Assistance Program:

## Try It! Exploring New Things

Go to work. Go home. Go to bed. Repeat. If you feel like you're going through the motions, but not really living, this seminar is for you. Learn how to tell if you're in a rut and get strategies to break out of it. We'll share ideas and inspiration to help you reap the rewards of trying new things.

**Wednesday, June 21, 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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