

WE CAN HELP YOU WITH THAT



Cigna Employee Assistance Program Presents:

Experiencing Mindfulness: Positive Impacts

Being mindful can expand our awareness and help us embrace a more compassionate and accepting viewpoint. It can allow us to more fully experience and appreciate our world, other people, and ourselves in a meaningful way. Join us to explore this calm and centered way of interacting with the world.

Wednesday, October 4, 2017
2 pm ET / 1 pm CT / 11 am PT

Log in to register for this seminar at:

<http://www.media-server.com/m/go/CignaEAPWellnessSeminars>



**Seminar registration also available
by scanning QR code.**

**A Certificate
of Attendance
is available for
this presentation.**

**On-demand replay will be available
starting 2 hours after the live presentation.**

To view on-demand replay:

- > Click the above link. Log into the Seminar Portal. Choose to attend this seminar, register for upcoming seminars or attend other on-demand seminars.

No matter what you need, chances are we can help.

Together, all the way.™



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