

REAL SUPPORT FOR REAL LIFE



Cigna Employee Assistance Program Presents:

Understanding Anxiety

We all feel anxious at times. We all worry and feel stressed at times. But what does it mean to live with true anxiety? Join us to learn how anxiety is triggered in the brain and about the factors that can push one from everyday worry into anxiety. We'll talk about how this common condition can be treated and share a range of strategies that can help calm worrisome thoughts and the stressful feelings that go with them.

Wednesday, August 4, 2021
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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