

WE CAN HELP YOU WITH THAT



Cigna Employee Assistance Program Presents:

Stress Relief: Train Your Brain

Stress is the modern day equivalent of a charging grizzly bear. When it hits, our body and brain fire up primitive responses designed to keep us alive. Problem is, they stop being helpful when they stay “on” all the time. Learn how you can train your brain to rewire your stress response. And try out techniques that can help you get there.

Wednesday, September 21, 2016
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.**

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

Together, all the way.™



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