

2021 CIGNA LIFE CONNECTEDSM SEMINARS

Live and On-Demand Webcasts



Be the best you, physically and mentally. Tune in to our live webcasts in 2021 to learn ways to improve your well-being, body and mind. Contact your employer to register. Registration will be available approximately three weeks before each scheduled webcast.

February 24, 2021: Resilience in Challenging Times: Find out how to nurture the natural resilience we all have within us to cope with change.

April 14, 2021: Work at Home - Keys to Success: Learn ways to be successful in a remote work environment. Explore habits to stay focused, motivated and connected to your team.

May 11, 2021: Stress and Your Child: Recognize the signs of stress in kids and master ways to help build your child's natural resilience.

September 15, 2021: Thriving Through Uncertainty: Explore how to make decisions at home and at work, even when the outcome is hard to predict.

October 13, 2021: The Power of Purpose: Examine the idea of "purpose" and what may point to your personal purpose.

November 10, 2021: Wellness One Notes - Micro Moves for Better Health: Discover small steps to wellness that can boost all aspects of your well-being.

Want to listen in now? Our library of webcasts is available 24/7 throughout 2021. Click on the title and register to access the replay.

SEMINAR	TOPIC
<u>Resilience in Challenging Times</u>	It's easy to feel overwhelmed by ongoing challenges. But you're stronger than you think. Gain tips for building your natural resilience.
<u>Life @ Home: Managing the Stressors</u>	Navigating COVID-19 stay-at-home stressors can be surprisingly hard. Explore how to tackle specific concerns and be more stress-resistant.
<u>The Power of Compassion</u>	We're wired to be kind, but life can override that instinct. Discover how to tap the benefits that being compassionate can bring.
<u>Domestic Violence Awareness</u>	For those in an abusive situation, home may not be a safe place. Learn what domestic violence is, warning signs, and how to help.
<u>Less is More: Simplifying Your Life</u>	Are you buried by a "get more, have more, do more" lifestyle? Explore how to reduce stress and make room for what matters to you.
<u>Stress and Our Perceptions</u>	It feels like stress comes at us, but a lot of it comes from us. Change negative thinking to build positivity and lessen tension.
<u>Why We Worry and What to Do About It</u>	Do you worry about worry? We'll share answers and strategies that can help you cope with and control worrisome thoughts.

Together, all the way.®



SEMINAR	TOPIC
<u>Boosting Your Brain Health</u>	Your brain is the most powerful tool you have. Are you taking care of it? Research shows many ways to impact function and aging.
<u>Understanding Depression</u>	What causes depression? How can you tell if you have it? What can help? Join us for clear answers to your questions.
<u>When Mood Meets Food</u>	Stress can push us toward the fridge. Learn to recognize your stress eating triggers and get strategies to react differently.



These webinars are for educational purposes only. Medical and/or financial advice are not provided. You are encouraged to seek the advice of licensed professionals before making any healthcare or financial decisions.

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