

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