

2022 CIGNA LIFE CONNECTEDSM SEMINARS

Live and On-Demand Webcasts



Be the best you, physically and mentally. Tune in to our live webcasts in 2022 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 23, 2022: Working Together: Diversity in the Workplace: Learn how to thrive in today's diverse workplace among people of different generations and all different ethnic, cultural and religious backgrounds.

April 13, 2022: Dreaming of a Good Night's Sleep: Explore a range of strategies to improve your night's sleep.

May 11, 2022: Family Life: The Juggling Act: Find out ways to reduce the pressures many families face.

September 14, 2022: Stress Less: Mind and Body Strategies: Identify how stress impacts our bodies, health and happiness and get proven ways to manage it.

October 12, 2022: Strategies for Caregiving Challenges: Discover information and resources to help reduce caregiving stress.

November 9, 2022: The Power of Gratitude: Learn the benefits of gratitude and how to harness it each day.

Want to listen in now? Our library of webcasts is available 24/7 throughout 2022. Click on the title and register to access the replay.

SEMINAR	TOPIC
<u>Thriving Through Uncertainty</u>	Get strategies for managing your reaction and making decisions amidst uncertainty.
<u>Stress and Your Child</u>	Learn how to build your child's resilience and give them tools to beat stress.
<u>The Power of Purpose</u>	Discover how to identify your purpose and make it a part of your life.
<u>Stress Relief: Train Your Brain</u>	Learn how to rewire your response to stress to cope better.
<u>Effective Communication Strategies</u>	Explore how to embrace assertiveness and engagement to connect more effectively.
<u>Healthy Life Tips for Women</u>	Review how women can create a basic blueprint for better health.
<u>Healthy Life Tips for Men</u>	Review how men can create a basic blueprint for better health.
<u>Change & Challenges: Developing Your Resilience</u>	Examine how to build natural resilience to manage in tough times.
<u>Understanding Addictive Behaviors</u>	Learn how to better understand and help a loved one who is struggling with addictive behaviors.
<u>Blueprint for Emotional Wellness</u>	Get ideas to help you tap your inner strengths and improve your emotional well-being.

Together, all the way.[®]



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