



Family Life: The Juggling Act

Cigna Life Connected® Seminar Series

Working, raising kids, balancing extracurricular activities and family commitments... are you trying to keep too many “balls” in the air? In this seminar we will take a fresh look at some of the pressures that drive this juggling act. We’ll talk about what kids really need and how to refocus priorities. You’ll learn strategies to add balance, reduce stress, and manage your obligations more effectively.

This seminar will be hosted by **Dr. Rick Conforto**, a licensed psychologist with over 40 years' experience providing clinical services to adults and families.



Cigna Life Connected® Seminar Details:

Date: Wednesday, May 11, 2022

Time: 1:00 PM - 2:00 PM (ET)

A replay will be emailed to registrants after the webinar and will be available for 30 days.

Together, all the way.®

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company or its affiliates. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are for illustrative purposes only.

04/22 © 2022 Cigna. Some content provided under license.

This is an email from Cigna | 900 Cottage Grove Road, Bloomfield, CT 06002

[Legal Disclaimer](#) | [Privacy](#) | [Product Disclosures](#) | [Cigna Company Names](#)