

# 2023 Cigna Wellness Webinars

Be the best you, physically and emotionally. Tune in to our live webcasts in 2023 to learn ways to improve your overall well-being. Registration will be available approximately three weeks before each scheduled webcast. Contact your employer to sign up.

## Live Webcasts

**April 19, 2023**

**Work and Personal Life:**

**The Balancing Act.**

Learn how to balance life's demands so you can create the life you want.

**May 24, 2023**

**Mental Health:**

**You Can Make a Difference.**

Find out how to move beyond the stigma surrounding mental health to connect and make a difference.

**June 21, 2023**

**Boosting Your Brain Health.**

Explore surprising ways we can impact brain function.

**September 20, 2023**

**Family Life:**

**The Juggling Act.**

Learn how to refocus priorities and add balance alongside the pressures of family life.

**November 15, 2023**

**The Power of Gratitude.**

Discover how to harness the power of gratitude to receive all its benefits each day.

**December 13, 2023**

**Exercise Essentials:**

**Your Guide to Getting and Staying Active.**

Learn how to build a sustainable workout that works for you – including how to find your motivation.

 [Visit Cigna.com](https://www.cigna.com) to learn more.

## On-demand Webcasts

Available 24/7. Just select the title you want and register to watch the replay.

### Seminars & Topics:

#### Conquering Compassion Fatigue

Those in helping professions are at increased risk for this type of burnout. Learn to recognize and respond to signs in healthy ways.

#### Embracing Optimism

Is your glass half full or half empty? We all have the power to shift to a more positive way of thinking. Learn simple tips that can help.

#### Finding Your Resilience

Life can throw punches, but you have the power to bounce back. Join us to explore the concept of resilience and learn how to strengthen yours.

#### Mental Health: You Can Make a Difference

Mental wellness matters. We'll discuss how to move past stigma to recognize, acknowledge and respond to concerns.

#### Pay it Forward: A Guide to Giving Back

From random acts of kindness to volunteering, you can make life better for others. Find out how to get started and the benefits when you do.

#### Secrets of Happiness

Who doesn't want to be happy? But is getting there really a secret? Explore what happiness is, and how to find more of it.

#### Stress Less: Mind and Body Strategies

The tension of stress impacts us physically and emotionally. Discover simple but powerful ways to release the pressure and reclaim balance.

#### The Power of Authenticity

Does your public image match your inner truth? Discover the benefits and growth that can come when it does.

#### The Power of Gratitude

Even in the hardest times, there's something to be grateful for. Discover how an "attitude of gratitude" can enrich and empower.

#### Understanding Post-Traumatic Stress

Trauma can enter our lives in many ways and leave a lasting imprint. Learn about brain processes that play a role, and gain strategies that can help.

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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