

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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