

# REAL SUPPORT FOR REAL LIFE



Cigna Employee Assistance Program Presents:

## Financial Setback? Regroup and Rebuild

Whether a financial setback catches you by surprise or is planned for, this seminar can help you get through the event and take steps to be better prepared for any future challenges. We'll walk you through a ten-step process that includes assessing your expenses, managing your spending, protecting your credit, and writing goals to address any area of your finances causing you stress.

**Wednesday, March 10, 2021**

**2 pm ET / 1 pm CT / 11 am PT**

**Log in to register for this seminar at:**

[www.Cigna.com/EAPWebcasts](http://www.Cigna.com/EAPWebcasts)

**To view on-demand replay:** Click the above link. When you log into the Wellness Webcast portal, you can choose to attend this seminar, register for upcoming seminars, or attend other on-demand seminars.

**A Certificate of Attendance** is available for this presentation.

**On-demand replay** will be available starting 2 hours after the live presentation.

**Together, all the way.™**



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