



Make the Connection

These times can be tough. Whether it's a relationship, your job, emotional feelings, or just a need to discuss your situation with someone, you may benefit from Cigna's Employee Assistance Program. You or eligible family members can talk with licensed professionals who can help with legal or financial issues, or provide short-term crisis counseling. The EAP can also assist with locating child and elder care support, and so much more.

Sign up for our webinar to learn how this easy to access and strictly confidential program can help you.

Join us

Friday, June 26, 1:00 PM to 2:00 PM ET

[RESERVE MY SPOT](#)

You will discover:

- the many topics covered by the program
- the deep menu of services provided
- how to access help

[Register Now](#)



PRESENTER

Bill Dymont, PhD, is a leading expert in personal and corporate change management. He has delivered more than 2,600 seminars for Cigna and some 500 other companies, universities, health institutions, and charitable organizations.



HOST

Krishna Dholakia is the Senior Health Education Specialist for the Church Pension Group. She has 14 years of experience working in the health and wellness field as a registered dietitian, diabetes educator, and 500-hour certified yoga teacher.

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