

Subject: Discover support you already have
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From: Church Pension Group
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Web Version



EAP: Support That's Ready When You Are

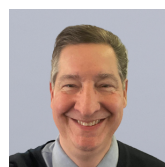
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You may know that your Employee Assistance Program (EAP) can support you and your loved ones in times of stress and anxiety. But what you may not realize is that it offers dozens of additional services, from help with legal, tax, real estate, and other financial matters to such everyday problem-solving as selecting a college or finding the right vet.

So, [sign up](#) for this Cigna webinar and learn about the many ways the EAP can help you and yours!

Presenter



Bill Dymont, PhD, Cigna

Psychologist, "Team" Doctor, and executive coach, Dr. Dymont is a leading expert in team resiliency, conflict resolution, individual change, and workplace burnout (the focus of his doctoral research). He is the author of *Leaders' Guide to Executive Coaching* and coauthor of *Fire Your Excuses*.

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