

**Subject:** Cigna EAP Presents: A Fresh Look at Healthy Eating  
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# WE CAN HELP YOU WITH THAT



**Cigna Employee Assistance Program Presents:**

## **A Fresh Look at Healthy Eating**

Eating healthier may seem complicated, but it doesn't have to be. In this seminar we will get back to basics. You will learn simple ways to get balance into your meal choices and control portions. You'll get tips on changing unhealthy eating patterns. And we'll review some key concepts that support weight loss.

**Wednesday, November 15, 2017  
2 pm ET / 1 pm CT / 11 am PT**

**Log in to register for this seminar at:**  
[www.media-server.com/m/go/CignaEAPWellnessSeminars](http://www.media-server.com/m/go/CignaEAPWellnessSeminars)

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

**No matter what you need, chances are we can help.**



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

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