



# Real Support for Real Life

Brought to you by your Employee Assistance Program

## Making Meaning of the Everyday

Sometimes the “daily grind” can make us feel aimless. In this seminar, we’ll explore how meaning can be found in even the most ordinary of daily tasks. Join us as we explore how small shifts in our mindset can tap into a sense of meaning. Learn how to appreciate the little things and see the meaning in “ordinary life.”

**Wednesday, January 8, 2025**  
**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)

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

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

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