



# Real Support for Real Life

Brought to you by your Employee Assistance Program

## When Mood Meets Food: Strategies for Stress Eaters

Do you celebrate success with a pizza party and drown failure in a bowl of ice cream? Stress can push all of us toward the fridge. Join us to learn how to recognize stress eating styles and triggers. We'll talk about how you can react differently and share strategies for making healthy choices moving forward.

**Wednesday, March 12, 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)

**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.

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