



**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 patterns that lead to less healthy eating. And we'll review some key concepts that support weight loss.

Telephone seminar is on

Wednesday, March 13, 2013, 2:00 p.m. ET/ 11:00 a.m. PT

Please pre-register online at:

<http://ww4.premconf.com/webrsvp>

Confirmation code: 8198640

Seminar replay is available to listen to beginning on

March 13, 2013 at 5:00 p.m. ET and ending on

March 22, 2013 at 11:59 p.m. CT.

To access the replay please dial 1-888-203-1112 and enter passcode 8198640

**No matter what you need, chances are we can help.
Best of all it's free.**

GO YOU™



Offered by: Connecticut General Life Insurance Company or Cigna Health and Life Insurance Company.

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