



**WE CAN
HELP YOU
WITH THAT**

Cigna Employee Assistance Program Presents:

Today's Economy: Managing Financial Stress

Bills, loan payments, unexpected expenses – for most of us, finances are a common source of stress. Today, with prices rising and worries about wages, many of us struggle to manage that stress. In this seminar, you'll learn what impact financial stress can have on you and your family. Discuss how to get your family to stick to a budget, review tips for stretching your dollar, and get advice on what to do if you're already falling behind on payments. And we'll share strategies for how to cope with your stress and stay healthy in spite of financial challenges.

Telephone seminar is on

Wednesday, March 20, 2013, 2:00 p.m. ET/ 11:00 a.m. PT

Please pre-register online at: <http://ww4.premconf.com/webrsvp>

Confirmation code: 8198643

Seminar replay is available to listen to beginning on

March 20, 2013 at 5:00 p.m. ET and ending on

March 29, 2013 at 11:59 p.m. CT.

To access the replay please dial 1-888-203-1112 and enter passcode 8198643

**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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