

Enhance Your Emotional Well-being

All of us prefer to feel content and fulfilled in our lives. Most of us welcome excitement, generosity, compassion, and delight – all the positive emotions.

But it is also important for us to learn to accept our darker emotions and recognize that they may be revealing indicators of conflicts or problems that need our attention. They are like the oil gauge on a car, and shouldn't be ignored.

CIGNA Employee Assistance Program presents

How to Achieve Good Emotional Health

A telephone wellness seminar:

**Wednesday, July 9, 2008
2:00 p.m. ET / 11:00 a.m. PT**

When you attend this seminar you'll:

- Learn what constitutes good emotional health
- Increase self-awareness
- Identify strategies to manage your emotions
- Understand ways to enhance your motivation
- Develop and strengthen empathy skills
- Understand how to enhance your support system

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

Confirmation code: 9694448

Please register 48 hours in advance. You'll need the confirmation code listed above. You'll need to download the handouts from the registration site. The phone number and passcode to use on the day of the seminar is listed on the registration site. A recording of each seminar will also be available for 10 days, starting one hour after the seminar. When you register, the dial-in number and passcode for the replay will be shown, please write this information down.