

2009

# your health & well-being



*Stress is our body's reaction when major demands are placed on us, causing us to have to adjust. We can't eliminate all stress from our lives, but we can learn skills for managing it effectively.*

CIGNA presents

## Stress Management 101

A telephone wellness seminar:

**When you attend this seminar, you'll:**

- Learn what stress is and what causes it
- Learn how to manage stress better
- Become familiar with the elements of a healthy support system
- Learn self care and self management skills
- Develop a personal stress care plan

Seminar is available to listen to beginning  
Wednesday, December 9, 2009  
4:00 pm ET (1:00 PT) and will be available until  
11:59 pm CT, Friday, December 18, 2009

To access the call dial 1-888-348-4629 and  
enter the passcode 308258



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*it's time for a change*