

WE CAN HELP YOU WITH THAT



Cigna Employee Assistance Program Presents:

It's My Budget, and I'm Sticking to It!

A budget is the backbone of sound financial planning. If you resist using a budget or are just unsure how to make one, join us to get practical tips on starting and sticking to a budget. Our financial expert will discuss how to track expenses, review trouble spots, and share insights on how to make a budget work for you.

Wednesday, September 6, 2017
2 pm ET / 1 pm CT / 11 am PT

Log in to register for this seminar at:

<http://www.media-server.com/m/go/CignaEAPWellnessSeminars>



**Seminar registration also available
by scanning QR code.**

**A Certificate
of Attendance
is available for
this presentation.**

On-demand replay will be available starting 2 hours after the live presentation.

To view on-demand replay:

- > Click the above link. Log into the Seminar Portal. Choose to attend this seminar, register for upcoming seminars or attend other on-demand seminars.

No matter what you need, chances are we can help.

Together, all the way.™



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