

Science of a Good Life

Presented by Cigna

**Wednesday, May 19, 2021 11:00am –
12:00pm**



Join us for a compelling discussion about the science of a good life. We can control a lot more of our happiness than we think.

During this session we'll explore insights on how to foster powerful connections, tackle the loneliness epidemic, and have a positive mindset.

You will also learn more about the tools and resources Cigna has to offer related to mental wellness, stress management, virtual care and earning your wellness incentives.

Meeting link:

<https://cigna.webex.com/cigna/j.php?MTID=m8a5e2400b52251cd2a6c03e91c6eb18f>

Meeting number:

179 399 0004

Password:

Happiness

