

2009

your health & well-being



More and more often, we're hearing about how our lifestyle choices can affect our health and well-being. With so many health conditions related to unhealthy eating habits and childhood obesity on the rise, it's more important than ever to take care of ourselves, our families, and to teach our children to make healthy choices. It can be challenging to find the time to focus on eating healthy, but it may not be as hard as you think.

The time to start living healthy is now.

CIGNA presents

Healthy Meal Planning

A telephone wellness seminar:

When you attend this seminar, you'll:

- Learn why planning your meals is important and how it can help you
- Learn more about the kinds of foods you should be eating – and the kinds you shouldn't
- Learn tips on how you can eat healthy when you're away from home
- Learn helpful strategies to plan nutritious meals at home

Seminar is available to listen to beginning Wednesday,
March 11, 2009

4:00 pm ET (1:00 PT) and will be available until
11:59 pm CT, March 20, 2009

To access the call dial 1-888-348-4629 and
enter the passcode 964779.



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it's time for a change