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## FIND YOUR WORK LIFE BALANCE

See the latest live webinars from the Cigna Life Assistance Program.

Click [here](#) to view LAP services available to you.

### Register for Summer 2019 live webinars

Jul 9*		Dreaming of Retirement	11:00 AM CST	<a href="#">Register</a>
			2:00 PM CST	<a href="#">Register</a>
Jul 16**		Making a Life While Making a Living: Work-Life Balance	2:00 PM CST	<a href="#">On demand</a>
Jul 25*		Investing: Getting Started	11:00 AM CST	<a href="#">Register</a>
			2:00 PM CST	<a href="#">Register</a>
Aug 13*		Investing: Risk Considerations & Taxes	11:00 AM CST	<a href="#">Register</a>
			2:00 PM CST	<a href="#">Register</a>
Aug 20**		Effective Budgeting	2:00 PM CST	<a href="#">On demand</a>
Sep 10*		Estate Planning: Financial Basics	11:00 AM CST	<a href="#">Register</a>
			2:00 PM CST	<a href="#">Register</a>
Sep 17**		Maximizing Your Day: Effective Time Management	2:00 PM CST	<a href="#">On demand</a>
Sep 26*		Planning for College 101	11:00 AM CST	<a href="#">Register</a>
			2:00 PM CST	<a href="#">Register</a>

\* If you're interested in any of these webinars but can't attend, you can still register and get access to the recorded version.

\*\* These webinars can be accessed anytime beginning on the date and time listed.

### These additional webinars are available anytime:

<a href="#">›</a>	I Want to Buy a House	<a href="#">Register</a>
<a href="#">›</a>	Mental Health: You Can Make a Difference	<a href="#">Register</a>
<a href="#">›</a>	Not All Stress Is Created Equal	<a href="#">Register</a>
<a href="#">›</a>	Family Conflict: Keeping the Peace	<a href="#">Register</a>

### Together, all the way.®

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