

2009

# your health & well-being



*Colds & Flu are common and easily contracted viruses. Because they are so common, we can easily forget the impact on our health, jobs, and school attendance. It makes sense to plan ahead to prevent what you can and be ready when either yourself or someone in your family has to stay home from school or work.*

CIGNA presents

## Surviving Cold and Flu Season

A telephone wellness seminar:

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

- Learn about Colds & Flu
- Practice Prevention
- Know the Basic Treatment
- Be Prepared
- Balance Your Work & Life

Seminar is available to listen to beginning  
Wednesday, October 14, 2009  
4:00 pm ET (1:00 PT) and will be available until  
11:59 pm CT, Friday, October 23, 2009

To access the call dial 1-888-348-4629 and  
enter the passcode 476135



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*it's time for a change*