

*You have a hundred things to take care of. We're running ourselves ragged, and the irony of it is, in the process we are becoming too sedentary for our own good. That's because most of what keeps us so busy is done in a chair. Don't Just Sit There!*

CIGNA presents

# Staying Active

A telephone wellness seminar:

Wednesday, September 9, 2009  
2:00 p.m. ET / 11:00 a.m. PT

When you attend this seminar, you'll :

- Identify benefits and barriers of staying active
- Understand the importance of staying active
- Learn how to set goals
- Design an action plan

Please pre-register online at:  
<http://ww4.premconf.com/webrsvp>  
Confirmation code: 7186804

The dial-in number and passcode will be provided to you on the registration site, please write these down for reference. Handouts will be available to download from the registration site. A recorded playback of each seminar will be available starting two hours after the seminar until midnight on the 10th day from the teleconference date. The dial-in number and passcode for the replay are available on the registration site; please write these down for reference.

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