

Today's Economy and You

The experts tell us the economy is going through the worst crisis since the Great Depression. Personally, we're seeing our 401(k) plans dwindle and our discretionary income shrink due to inflation. We are worrying about job security. We can't save enough, and some of us can't even pay our bills on time.

Apart from the financial impact, money issues can take a toll on our mental, emotional and physical health, our family relationships, and the overall quality of our lives. But there are some positive things we can do to weather the economic downturn – starting with taking control of the things we can control.

Recorded Telephone Seminar

Maintaining Personal Balance

This one-hour telephone seminar on coping with financial stress will help you:

- Assess your degree of financial stress
- Identify potential effects of financial stress on you and your family
- Create and implement strategies for combating financial stress and maintaining personal balance
- Discover additional resources that can help

This seminar is available to members, and anyone residing in their households, beginning Wednesday, February 25 at 4:00 p.m. (ET) through Friday, March 6, 2009.

To access this seminar, dial 888-348-4629 and enter the passcode 839504.

All seminar materials, including the PowerPoint presentation and related articles, are also available online at www.cigna.com/customer_care/unions/index.html. In addition, you'll find a complete schedule of *Today's Economy and You* seminars, plus other free, recorded wellness seminars on a variety of important topics.



Helpful Articles

- Financial Health Exam
- Attitudes About Money
- How to Stretch Your Dollar
- Resources for Financial Stress

