

*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:

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

**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

Please pre-register online at:  
<http://ww4.premconf.com/webrsvp>  
Confirmation code: 4964779

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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