



Connect with yourself

Aetna Resources for LivingSM

Welcome to 2023! Let's make time to connect with what's important:

Yourself, nature, others and your purpose.

This quarter we'll focus on connecting with yourself
by offering:

- Resources to help you become your best self
- Articles and webinars about getting motivated
and trusting your inner voice
- Tools to support your emotional wellbeing

Check out all the resources
available to you on your member
website. We're here to help you be
your best you!



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