

2021 CIGNA BEHAVIORAL HEALTH EDUCATION SERIES



Autism

Would you like to learn about autism spectrum disorder? Our phone seminars will help you learn more about the physical, behavioral and emotional growth of individuals who may display its symptoms. Cigna's seminars are free and you don't have to register. The seminars are open to anyone, including parents, caregivers and loved ones. Sign up for any one of these seminars and you'll receive a reminder once the event date gets closer.

The **Autism** seminars take place on the **second Thursday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Thursday, July 8, 2021 1:00 pm–2:00 pm EDT	Food Selectivity and Health Habits: How to Incorporate New Foods into Your Child's Diet	Matthew Heining, BCBA, MA Butterfly Effects
Thursday, August 12, 2021 1:00 pm–2:00 pm EDT	Yoga for All Abilities	Colleen Spano, M.S.Ed, 200-RYT, CLCYT Sunshine Behavior Services, LLC
Thursday, September 9, 2021 1:00 pm–2:00 pm EDT	Suicide Prevention and Awareness for Individuals with ASD	Lauren Stallings, MS, LMFT Cigna
Thursday, October 14, 2021 1:00 pm–2:00 pm EDT	Guardianship and the Transition to Adulthood	Eric Ringgenberg, MA, BS AuSM

The October Autism session will be the last session for 2021, please join us January 2022 for the first of the new series.

These seminars offer basic educational information. For more help, call **800.274.7603** and talk with a Cigna health advocate.

[SIGN UP FOR SEMINARS >](#)

Together, all the way.®



These are general information health seminars. The information provided is not meant to replace the care or advice of a health care professional. You should always ask your doctor for proper care or treatment advice. If you are a Cigna customer and have specific questions about your medical or behavioral benefits, please call 800.274.7603 to speak with a Health Advocate. If you have a medical emergency, please visit the nearest hospital or call 911.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Health Management, Inc., Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.