

2021 CIGNA BEHAVIORAL HEALTH EDUCATION SERIES



Eating Disorders

Do you know someone with anorexia nervosa or bulimia? We'd like to help you learn more about the physical and emotional symptoms of eating disorders like these. 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 **Eating Disorders** seminars take place on the **fourth Tuesday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Tuesday, July 27, 2021 1:00 pm–2:00 pm EDT	Counter-Cultural Recovery: Fighting Diet Culture & Teaching Health at Every Size® for Eating Disorders	Gabrielle Katz, LCSW, CEDS-S Coastal Collaborative Care LLC
Tuesday, August 24, 2021 1:00 pm–2:00 pm EDT	Equip Health Program	Kristina Saffran Equip Health
Tuesday, September 28, 2021 1:00 pm–2:00 pm EDT	Persevering in the Face of Pandemic-Related Challenges	Ashley Moser, LMFT The Renfrew Center
Tuesday, October 25, 2021 1:00 pm–2:00 pm EDT	Health At Every Size: What It Is, What It Isn't	Sara Gonet, MS, RD, LDN, CEDRD-S Lutz, Alexander, & Associates Nutrition Therapy in Raleigh, NC

The October Eating Disorders session will be the last session for 2021, please join us in 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.

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