

# 2021 CIGNA BEHAVIORAL HEALTH EDUCATION SERIES



## Substance Use

**Is substance use a concern?** Our phone seminars will help you learn more about physical, behavioral and emotional signs, as well as offer coping techniques and support. 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 **Substance Use Disorder** seminars take place on the **third Wednesday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Wednesday, July 21, 2021 1:00 pm–2:00 pm EDT	Stigma	Matthew Stefanko Shatterproof
Wednesday, August 18, 2021 1:00 pm–2:00 pm EDT	How Can Caregivers "Screen" for Substance Use	Pat Aussem To End Addiction
Wednesday, September 15, 2021 1:00 pm–2:00 pm EDT	Addiction and the Brain	Devin Lincenberg Recovia
Wednesday, October 20, 2021 1:00 pm–2:00 pm EDT	Mindfulness and Substance Use	Nancy Andino, LCSW Tailored for Change

The October Substance Use 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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