

2024 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. These webinars are free and are open to anyone, including parents, caregivers and loved ones. Sign up for any one of these webinars and you'll receive a reminder once the event date gets closer.

The **Eating Disorders** webinars take place on the **fourth Tuesday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Tuesday, April 23, 2024 1:00 pm–2:00 pm ET	To Move or Not To Move in Eating Disorder Recovery	Carly Onopa RD, LDN Devoted Recovery
Tuesday, May 28, 2024 1:00 pm–2:00 pm ET	Finding Peace With Body Image	Alyee Willets LCPC, CMHC Aspen Wellness Clinic LLC
Tuesday, June 25, 2024 1:00 pm–2:00 pm ET	The Dreaded 'C' Word in Eating Disorder Treatment: Compassion	Gabrielle Katz Coastal Collaborative Care LLC

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



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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