2017 CIGNA BEHAVIORAL HEALTH EDUCATION SERIES

Substance Use

Is substance use a concern? Let us help you better understand the physical, mental and emotional signs. These phone sessions are open to anyone including, parents, caregivers and loved ones. They're free and you don't have to register.

These sessions will give you basic details. For more help, you can talk to a health advocate. Call **800.274.7603** to learn more.

DATE/TIME	TITLE	PRESENTER
April 19, 2017 1:00 pm–2:00 pm EST	Substance Use Prevention From Ages 0-20: What Parents Can Do	Deirdre Flynn, FCD Reginal Officer and Senior Prevention Specialist
May 17, 2017 1:00 pm–2:00 pm EST	All about Opioids – A Prevention Source Webinar with FCD Prevention Works	Stephanie Voyles, FCD Prevention Specialist Drew Bowie, FCD Prevention Specialist
June 21, 2017 1:00 pm–2:00 pm EST	Mindfulness path to healing; the science of changing your brain, thoughts, and life	Timothy Trail, University of North Texas

Conference Access:

U.S./CAN Toll-Free: **800.311.0799**

Toll/International: **719.325.2137**

Participant Passcode: **152134**

Click here to learn more at Cigna.com/SubstanceUse

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