

2024 BEHAVIORAL HEALTH EDUCATION SERIES



Autism

Would you like to learn about autism spectrum disorder? Our webinars will help you learn more about the physical, behavioral and emotional growth of individuals who may display its symptoms. 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 **Autism** webinars take place on the **second Thursday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Thursday, January 11, 2024 1:00 pm–2:00 pm ET	Sleep Routine Readiness and Training	Matthew Heining, M.A., BCBA Butterfly Effects
Thursday, February 8, 2024 1:00 pm–2:00 pm ET	Embracing Brain-based Differences in the Workplace	Jagmeet K. Sangha, MA, BCBA Behavior Pivot Consulting
Thursday, March 14, 2024 1:00 pm–2:00 pm ET	Alternative Augmentative Communication Devices: how to introduce and integrate into daily use	Cassie Rio, MS, CCC-SLP Cassie's Kids Clinic

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

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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