

# 2021 CIGNA BEHAVIORAL HEALTH EDUCATION SERIES



## Autism

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

DATE/TIME	TITLE	PRESENTER
Thursday, April 8, 2021 1:00 pm–2:00 pm EDT	How to Have a Successful Dental Visit For Your Child with Autism	Dr. Erin McGrath Children's Dental Management
Thursday, May 13, 2021 1:00 pm–2:00 pm EDT	Teens with ASD: Using Mindfulness to Teach Coping and Social Skills	Dr. Kristin M. Kosmerl, BCBA-D, IBA, LBS, CAS Autism & Behavioral Consulting, LLC
Thursday, June 10, 2021 1:00 pm–2:00 pm EDT	The Challenges and Opportunities of Neurodiverse Relationships	Dr. Thomas Lucking, Ph.D. Silicon Valley Therapy, Inc.

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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