

2022 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. Our 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 **Eating Disorders** seminars take place on the **fourth Tuesday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Tuesday, January 25, 2022 1:00 pm–2:00 pm EDT	Eating Disorders and Substance Use: Switching Deckchairs on the Titanic	Marty Lerner PhD Milestones in Recovery
Tuesday, February 22, 2022 1:00 pm–2:00 pm EDT	Intuitive Eating	Carly Onopa RD, LDN Mood Balance Nutrition, LLC
Tuesday, March 22, 2022 1:00 pm–2:00 pm EDT	Maladaptive Coping Skills and Symptom Switching	Gabrielle Katz LCSW, CED-S, Kelsey West Coastal Collaborative Care LLC

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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