

2020 CIGNA 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. 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 **Eating Disorders** seminars take place on the **fourth Tuesday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Tuesday, July 28, 2020 1:00 pm–2:00 pm EDT	Binge Eating Disorder	Erica Edgar, LPC; Utilization Review Specialist Insight Behavioral Health
Tuesday, August 25, 2020 1:00 pm–2:00 pm EDT	Breaking Through the Confusion: Assessing Level of Care for Eating Disorder Treatment	Gabrielle Katz LCSW, CEDS, Rachael Scholl, MSW Center for Discovery
Tuesday, September 22, 2020 1:00 pm–2:00 pm EDT	Personal Recovery Story- The Addict in Aisle 7	Alison Haase
Tuesday, October 27, 2020 1:00 pm–2:00 pm EDT	Practical Skills for Families Supporting a Loved One In Recovery	Angela Kaloudis, LMHC Renfrew Center

The October Eating Disorders session will be the last session for 2020, please join us in January 2021 for the first of the new series

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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