

# 2022 BEHAVIORAL HEALTH EDUCATION SERIES



## Substance Use

**Is substance use a concern?** Our phone seminars will help you learn more about physical, behavioral and emotional signs, as well as offer coping techniques and support. 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 **Substance Use Disorder** seminars take place on the **third Wednesday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
<b>Wednesday, January 19, 2022</b> 12:00 pm–1:00 pm EDT	Boundaries, and Codependency: You and Your Loved One with Substance Use Disorder	Bonnie Sawyer, Exec. Director and Kristin Young, LICSW Herren Project
<b>Wednesday, February 16, 2022</b> 1:00 pm–2:00 pm EDT	Releasing Negativity to Make Room for Recovery	Adrienne Miller, Founder Women for Sobriety
<b>Wednesday, March 16, 2022</b> 1:00 pm–2:00 pm EDT	Recovery Begins by Reducing Harm	Bill Greer, President SMART

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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