2020 CIGNA 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. 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 **Substance Use Disorder** seminars take place on the **third Wednesday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Wednesday, April 15, 2020 1:00 pm–2:00 pm EDT	Families Touched by Addiction	Leslie Adair, Phd, LP, LMFT Hazelden Betty Ford Foundation
Wednesday, May 20, 2020 1:00 pm–2:00 pm EDT	Research on Effective Treatment Models for Long Term Success	Dr. Laura Stewart Recovia
Wednesday, June 17, 2020 1:00 pm–2:00 pm EDT	Chronic Disease Model of Addiction and the Implications for Long Term Recovery	Dr. Jacob Crothers Groups

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.®

Cigna®

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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