

2024 BEHAVIORAL HEALTH EDUCATION SERIES



Substance Use

Is substance use a concern? Our webinars will help you learn more about physical, behavioral and emotional signs, as well as offer coping techniques and support. These webinars are free and are open to anyone, including parents, caregivers and loved ones. Sign up for any one of these webinars and you'll receive a reminder once the event date gets closer.

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

DATE/TIME	TITLE	PRESENTER
Wednesday, January 17, 2024 1:00 pm–2:00 pm ET CANCELLED	Support and Hope for Those Affected by Another's Marijuana Use	Bart Bright and Aubree Adams Mar-Anon Family Groups
Wednesday, February 21, 2024 1:00 pm–2:00 pm ET	Naloxone education and Distribution: A Life-saving Strategy	Dr. Laurie Johnson-Wade Opioid Response Network (ORN)
Wednesday, March 20, 2024 1:00 pm–2:00 pm ET	Support and Hope for Those Affected by Another's Marijuana Use	Bart Bright and Aubree Adams Mar-Anon Family Groups

These webinars offer basic educational information. For more help, call **800.274.7603** and talk with a Cigna health advocate.

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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