

2019 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. These phone sessions are open to anyone, including parents, caregivers and loved ones. They're free and you don't have to register.

These sessions will give you basic details. For more help, you can talk to a health advocate. Call **800.274.7603** to learn more.

DATE/TIME	TITLE	PRESENTER
July 23, 2019 1:00 pm–2:00 pm EDT	Emotional Awareness: Training in the Treatment of Eating Disorders	Melanie Smith, LMHC, Director of Training, The Renfrew Center
August 27, 2019 1:00 pm–2:00 pm EDT	One-Week Intensive Family Therapy Program at UCSD Eating Disorders Center	Samira Zakkout, M.Ed/Ed.S., APCC, Admission Clinician and Dr. Stephanie Knatz, Program Director, IFT
September 24, 2019 1:00 pm–2:00 pm EDT	Eating Disorder Treatment and Recovery	Kristina Saffran, Cofounder and CEO, Project HEAL
October 22, 2019 1:00 pm–2:00 pm EDT	Trauma Informed Care with Eating Disorders	Alexandra Baugh, LPC, NCC, Primary Therapist, Alsana

The October Eating Disorders session will be the last session for 2019, please join us in January 2020 for the first of the new series

Call in information:

US/CAN Toll free: **866.770.3260**

Toll/International: **509.844.9004**

[Click here to learn more at Cigna.com/EatingDisorders](https://www.cigna.com/EatingDisorders)

Together, all the way.®



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