

2024 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 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 **Eating Disorders** webinars take place on the **fourth Tuesday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Tuesday, July 23, 2024 1:00 pm–2:00 pm EDT	Supporting through Connecting	Shelby Milne, MEd, MS Renfrew Center
Tuesday, August 27, 2024 1:00 pm–2:00 pm EDT	Supercharging Support for Eating Disorder Recovery	JD Ouellette, Eating Disorder Expert by Experience, M.S. in Instructional Leadership, Maris Degener, Eating Disorder Expert by Experience, B.A. in Psychology EQUIP
Tuesday, September 24, 2024 1:00 pm–2:00 pm EDT	Nutrition Restoration in Eating Disorder Healing	Meredith Starr MS, RD Director of Nutrition Services & Clinical Relations Allow-Wellness
Tuesday, October 22, 2024 1:00 pm–2:00 pm EDT	Demystifying the Eating Disorder: Understanding Risk, Symptoms, and Treatment	Bridget C. Shertzer, MS, LPC Renfrew Center

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



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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