

# 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
<b>Wednesday, July 17, 2024</b> 1:00 pm–2:00 pm ET	Families Anonymous	Maria Smith Families Anonymous
<b>Wednesday, August 21, 2024</b> 1:00 pm–2:00 pm ET	Flourishing in Recovery: Become an Active Participant in a Life You Find Meaningful and Fulfilling	John Bruna MIR Institute
<b>Wednesday, September 18, 2024</b> 1:00 pm–2:00 pm ET	The Nuts N Bolts of Life Ring	Mary Beth O'Connor Life Ring
<b>Wednesday, October 16, 2024</b> 1:00 pm–2:00 pm ET	Demystifying Addiction: Applying the Biopsychosocial Model	Aaron Weiner, PhD, ABPP Licensed Clinical Psychologist Addiction Counseling

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.

Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Evernorth Behavioral Health, Inc., Evernorth Care Solutions, Inc. and HMO or service company subsidiaries of Cigna Health Corporation.