

# 2021 CIGNA BEHAVIORAL HEALTH EDUCATION SERIES



## Autism

**Would you like to learn about autism spectrum disorder?** Our phone seminars will help you learn more about the physical, behavioral and emotional growth of individuals who may display its symptoms. 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 **Autism** seminars take place on the **second Thursday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Thursday, January 14, 2021 1:00 pm–2:00 pm EDT	Building Healthy Routines	Jagmeet K. Sangha, MA, BCBA, Senior Regional Director Gateway Learning Group, LLC
Thursday, February 11, 2021 1:00 pm–2:00 pm EDT	Best Practices for Successful Telehealth Sessions	Erica Allen, BCBA, MED Spark Learning
Thursday, March 11, 2021 1:00 pm–2:00 pm EDT	ABA Therapy and Parent Involvement	Matthew Heininger, BCBA, MA Butterfly Effects

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.®



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.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Health Management, Inc., Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.