

# 2021 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. 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 **Eating Disorders** seminars take place on the **fourth Tuesday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Tuesday, January 26, 2021 1:00 pm–2:00 pm EDT	Social Media Literacy & Eating Disorders: A Deep Dive	Shelby Maniccia Wachtel, LMHC, Melissa Harvey MS, LMFT Cigna
Tuesday, February 23, 2021 1:00 pm–2:00 pm EDT	Title TBD	Eleanor Loseby Dawn Recovery
Tuesday, March 23, 2021 1:00 pm–2:00 pm EDT	Programs and Services at the NEDA	Lauren Smolar, Senior Director of Programs NEDA National Eating Disorders Association

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. 938237 12/20 © 2021 Cigna. Some content provided under license.