

2022 BEHAVIORAL HEALTH EDUCATION SERIES



Substance Use

Is substance use a concern? Our phone seminars will help you learn more about physical, behavioral and emotional signs, as well as offer coping techniques and support. Our 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 **Substance Use Disorder** seminars take place on the **third Wednesday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Wednesday, July 20, 2022 1:00 pm–2:00 pm EDT	The Emerging Neuroscience in Addiction & Recovery	Timothy B. Walsh, M.A., L.P.; DPA MN Adult and Teen Challenge
Wednesday, August 17, 2022 1:00 pm–2:00 pm EDT	CRAFT: Communicating with Your Loved Ones	Brian Serna Serna Solutions LLC
Wednesday, September 21, 2022 1:00 pm–2:00 pm EDT	Driving Through the Fog: What you need to know about marijuana use and driving	Pat Aussem To End Addiction
Wednesday, October 19, 2022 1:00 pm–2:00 pm EDT	Depression, Isolation, & Substance Use Disorders	Ken Montrose Greenbriar Treatment Center

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., Evernorth Care Solutions, Inc., Evernorth 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.

938237a 6/23 © 2022 Cigna. Some content provided under license.