

# 2017 CIGNA BEHAVIORAL HEALTH EDUCATION SERIES



## Substance Use

Is substance use a concern? Let us help you better understand the physical, mental and emotional signs. These phone sessions are open to anyone including, parents, caregivers and loved ones. They're free and you don't have to register.

These sessions will give you basic details. For more help, you can talk to a health advocate. Call **800.274.7603** to learn more.

DATE/TIME	TITLE	PRESENTER
July 19, 2017 1:00 pm–2:00 pm EST	Introduction to Women for Sobriety (WFS)	Adrienne Miller/Women for Sobriety (WFS)
August 16, 2017 1:00 pm–2:00 pm EST	Women and Alcohol: Guidelines for Healthy Choices	Jennifer Faringer, Executive Director, DePaul's National Council on Alcoholism and Drug Dependence Rochester, NY Beverly Haberle, Executive Director, The Council of Southeast Pennsylvania Doylestown, PA
September 20, 2017 1:00 pm–2:00 pm EST	Substance Use Disorder: Standing up to Stigma	Gary Mendell, Shatterproof

### Call in information:

U.S./CAN Toll-Free: **800.311.0799**

Toll/International: **719.325.2137**

Participant Passcode: **152134**

[Click here to learn more at Cigna.com/substanceuse](http://Cigna.com/substanceuse)

**Together, all the way.®**



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