

2023 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. 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 **Eating Disorders** webinars take place on the **fourth Tuesday** of each month, January–October. Please mark your calendar today.

DATE/TIME	TITLE	PRESENTER
Tuesday, July 25, 2023 1:00 pm–2:00 pm EDT	Myths and Misconceptions of ARFID	Amanda Smith, LICSW, CEDS Walden Behavioral Care
Tuesday, August 22, 2023 1:00 pm–2:00 pm EDT	A Dietitian's Role in Treating Eating Disorders	Amanda Smith, LICSW, CEDS Skyway Behavioral
Tuesday, September 26, 2023 1:00 pm–2:00 pm EDT	Person-centered eating disorder care: Creating a novel and collaborative eating disorder care model to support communities that have been overlooked	Dr. Erikka Dzirasa, MD, MPH, DFAACAP, Chief Medical Officer Arise
Tuesday, October 24, 2023 1:00 pm–2:00 pm EDT	Act now, not later: Challenging appearance ideals & shifting your relationship with your body	Cara Bohon, PhD, and Ally Duvall EQUIP

These webinars offer basic educational information. For more help, call **800.274.7603** and talk with a Cigna health advocate.

[SIGN UP FOR WEBINARS >](#)

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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.

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