

# 2023 BEHAVIORAL HEALTH EDUCATION SERIES



## Substance Use

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

DATE/TIME	TITLE	PRESENTER
Wednesday, July 19, 2023 1:00 pm–2:00 pm ET	Working a 12-step program: perspective from persons in long term recovery	Kevin and Cody Personal experience utilizing a 12-step program
Wednesday, August 16, 2023 1:00 pm–2:00 pm ET	Chronic Pain and Addiction	Dr. Evan Espinosa, PsyD Recovia
Wednesday, September 20, 2023 1:00 pm–2:00 pm ET	Marijuana Resource Center	Pat Aussem Partnership to End Addiction
Wednesday, October 18, 2023 1:00 pm–2:00 pm ET	NA program as a means to find recovery from drug addiction	Steve Rusch, MBA, CAE NA World Services

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

[SIGN UP FOR WEBINARS >](#)

**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.

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