



**DON'T SHUT  
THEM OUT.**

**Learn how to let them in.**

### **Sign up for free seminars on substance use awareness.**

When substance use affects someone you love, it can affect everything. It can change how you feel and act. It can be hard to know what to do without making things worse.

We understand, and we're here to help - starting with education. Cigna hosts monthly seminars to help you learn more about substance use and recovery.

**It's free. It's confidential. And it may be just what you need to make a difference.**

### **Real information on real issues**

Each seminar focuses on a different topic. New seminars are featured every month. And each is presented by an industry expert.



**22 million people a year are treated for drug or alcohol use.<sup>1</sup>**



### **Learn more today**

Sign up for our Substance Use Awareness series at [Cigna.com/substanceabuse](http://Cigna.com/substanceabuse). You can also listen to replays of past seminars at this site.

1. Behavioral Health Trends in the U.S.: Results from the 2014 National Survey on Drug Use and Health.

**Together, all the way.®**



These seminars are for informational purposes only. They are not intended to replace the care or advice of your doctor. You should always consult with your doctor for appropriate care or treatment recommendations and advice.

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