

EATING DISORDERS ARE COMPLICATED.

We can help.

Sign up for free seminars on eating disorders.

Understanding eating disorders can be hard. Knowing how to help someone who has one can be even harder. There are many challenges to consider, both physical and emotional.

We understand and we're here to help – starting with education. Cigna hosts monthly seminars to help you learn more about eating disorders, including anorexia and bulimia.

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.



20 million women and 10 million men in America will have an eating disorder at some point in their lives.*



Learn more today.

Sign up for our Eating Disorders Awareness series at Cigna.com/eatingdisorders. You can also listen to replays of past seminars at this site.

* National Eating Disorder Association, 2018.

Together, all the way.®



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

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