



**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.



13.6 million adults age 26 or older struggle with substance use disorder.

5.1 million young adults battle substance use disorder.*



Learn more today.

Sign up for our Substance Use Awareness series at Cigna.com/substanceuse. You can also listen to replays of past seminars at this site.

* Substance Abuse and Mental Health Services Administration. (2018). Key Substance Use and Mental Health Indicators in the United States: Results from the 2017 National Survey on Drug Use and Health.

Together, all the way.®



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