



# 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.



**Up to 30 million people  
of all ages suffer from  
an eating disorder in  
the U.S.<sup>1</sup>**



## Learn more today

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

1. Wade, T. D., Keski-Rahkonen A., & Hudson J. Epidemiology of eating disorders. In M. Tsuang and M. Tohen (Eds.), Textbook in Psychiatric Epidemiology (3rd ed.). New York: Wiley, 2011. p. 343-360.

**Together, all the way.®**



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