

LifeBridge Health Presents The TeleLearning Program

...Providing Health and Wellness information, we are offering presentations using:

1-855-384-4184

Access Code: 5580417

Call in to join the following classes:

5/4; 12pm Healthy Aging
5/5; 11am Bone Health
5/5; 2pm Handling Medical Emergencies
5/7; 11am Vitamins and Minerals
5/7; 12:30pm Men's Health
5/7; 2pm Label and Serving Size
5/8; 11:30am Immune Health
5/11; 12pm Mental Health
5/12; 11am Skin Care
5/12; 2pm Arthritis
5/14; 11am What are Calories
5/14; 12:30pm Men's Health
5/14; 2pm Stroke Awareness

5/15; 11:30am Macronutrients; Carbs, Fats,
and Proteins
5/18; 12pm Healthy Aging
5/19; 11am Osteoporosis
5/19; 2pm Healthy Skin
5/21; 11am Vitamins and Minerals
5/21; 2pm Dealing with Loneliness
5/22; 11:30am Immune Health
5/25; 12pm Diabetes
5/26; 11am Skin Care
5/26; 2pm 3 Sides to Wellness
5/28; 11am What are Calories
5/28; 2pm Allergies
5/29; 11:30am Macronutrients; Carbs, Fats,
and Proteins

Contact our Nurses on Wednesdays
8:30-10:00am with questions about topics:
Nurse Terrie- 443-618-7443 // Sister Seton- 410-259-8083

For comments and feedback:
Marsha Green- 443-618-8781
Please contact 911 for emergencies only, 211 for COVID-19 (Coronavirus)

 LIFEBRIDGE HEALTH®

CARE BRAVELY