

**JOIN
LIFEBRIDGE HEALTH
TELE-LEARNING PROGRAM
FEATURING
IT'S ALL ABOUT DIABETES
EVERY WEDNESDAY
WITH**

**Pam Xenakis: Certified Diabetes Care & Education Specialist
Nurse Amy Bocala: Diabetes Medical Home Extender Program**

2:00 to 3:00 pm

CALL:

1-646-741-5292

Access Code: 111 1059 1175

August 4 The Mediterranean Diet

August 11 Meal Prep pt. 1

August 18 Meal Prep pt. 2

**August 25 Responding to Blood Sugar
Emergencies**

**Contact Our Nurses every Wednesday with questions
8:30 AM – 10:00 AM**

Nurse Terrie: 410-618-7443 or Sister Seton: 410-259-8083

For comments and feedback: 443-618-8781

 **LIFE BRIDGE HEALTH.**

CARE BRAVELY