



COMMUNITY HEALTH AND WELLNESS

**LIFEBRIDGE
HEALTH.**
CARE BRAVELY

TeleLearning

August 2021

Join us for health and wellness information classes by phone:

Dial: 1-646-741-5292

Enter Meeting ID: 111-1059-1175

DATE	TIME	TOPIC
Monday, August 2	12pm	Mental Health Monday
Tuesday, August 3	11am	Macronutrients
Tuesday, August 3	2pm	Digestive System
Wednesday, August 4	2pm	Diabetes Wednesday
Thursday, August 5	11am	Nourishment Thursday
Monday, August 9	12pm	Mental Health Monday
Tuesday, August 10	11am	Heart Disease
Tuesday, August 10	2pm	Women and Heart Health
Wednesday, August 11	2pm	Diabetes Wednesday
Monday, August 16	12pm	Mental Health Monday
Tuesday, August 17	11am	Comorbidities
Tuesday, August 17	2pm	Summer and Your Heart
Wednesday, August 18	11am	Workout Wednesday
Wednesday, August 18	2pm	Diabetes Wednesday
Thursday, August 19	11am	Nourishment Thursday
Monday, August 23	12pm	Mental Health Monday
Tuesday, August 24	11am	Immune Health
Tuesday, August 24	2pm	Social Wellness; Healthy Relationships
Wednesday, August 25	2pm	Diabetes Wednesday
Monday, August 23	12pm	Mental Health Monday
Tuesday, August 31	11am	Drug Classifications
Tuesday, August 31	2pm	Overdose; Facts and Assistance

For more information contact: 443-618-8781



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