

# LifeBridge Health Presents The TeleLearning Program

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

**1-646-741-5292**

**Access Code: 111-1059-1175**

**Call in to join the following classes:**

2/1 12pm Mental Health Mondays

2/2 11am Introduction to Heart Health  
Month

2/2 2pm All About the Heart

2/3 2pm Diabetes Wednesdays

2/3 11am Heart Healthy Diet

2/4 2pm World Cancer Day

2/5 11:30am Post Cancer Life

2/5 1pm Live Life Healthy

2/8 12pm Mental Health Mondays

2/9 11am Fire Prevention

2/9 2pm Burn Awareness

2/10 2pm Diabetes Wednesdays

2/11 11am Back Pain

2/11 2pm National Donor Day

2/12 11:30am Hepatitis

2/15 12pm Mental Health Mondays

2/16 11am Body Mass and Age

2/16 2pm Age

Related Macular Degeneration

2/17 2pm Diabetes Wednesday

2/18 11am Obesity

2/18 2pm Eating Disorders

2/19 11:30am Macronutrients

2/19 1pm Live Life Health

2/22 12pm Mental Health Mondays

2/23 11am Heart Health and  
Exercise

2/23 2pm Heart Facts

2/24 11am Workout Wednesdays

2/24 2pm Diabetes Wednesdays

2/25 11am Common Disease  
Prevention

2/25 2pm Rare Diseases

2/26 1pm LISTENERS CHOICE

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**