

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:

7/1 11am Nourishment Thursdays

7/5 Independence Day

7/6 11am Healthy Summer Travel

7/6 2pm Summer and Heat Safety

7/7 2pm Diabetes Wednesday

7/12 12pm Mental Health Monday

7/13 11am Summer and Alcohol

7/13 2pm Summer and Your Heart

7/14 2pm Diabetes Wednesday

7/15 11am Nourishment Thursdays

7/19 12pm Mental Health Monday

7/20 11am Heat Related Illnesses

7/20 2pm Summer Bugs and Stings

7/21 11am Workout Wednesday

7/21 2pm Diabetes Wednesday

7/26 12pm Mental Health Monday

7/27 11am Food & Grilling Tips

7/27 2pm Summer Storm Tips

7/28 2pm Diabetes Wednesday

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:

443-618-8781

Please contact 911 for emergencies only, 211 for COVID-19 (Coronavirus)

 **LIFEBRIDGE HEALTH**

CARE BRAVELY