

**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  
Danielle R. Tarver MPH, MCHES: Community Health Educator**

**2:00 to 3:00 pm**

**CALL:**

**1-646-741-5292**

**Access Code: 111 1059 1175**

<b>January 5</b>	<b>Getting Back on Track</b>
<b>January 12</b>	<b>Diabetes and Foot Care</b>
<b>January 19</b>	<b>Handling Sick Days</b>
<b>January 26</b>	<b>Diabetes and Exercise</b>

**Contact us every Wednesday with questions**

**8:30 AM – 10:00 AM**

**Nurse Terrie: 410-618-7443**

**For comments and feedback: Danielle Tarver 443-618-8781**

 **LIFEBRIDGE HEALTH®**

**CARE BRAVELY**