



# COMMUNITY HEALTH AND WELLNESS

**LIFEBRIDGE  
HEALTH.**  
**CARE BRAVELY**

## TeleLearning

## January 2022

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, January 3	12pm	<b>Mental Health Monday</b>
Tuesday, January 4	11am	<b>Arthritis</b>
Tuesday, January 4	2pm	<b>Digestive Health</b>
Wednesday, January 5	2pm	<b>Diabetes Wednesday</b>
Thursday, January 6	11am	<b>Nourishment Thursday</b>
Monday, January 10	12pm	<b>Mental Health Monday</b>
Tuesday, January 11	11am	<b>Alcohol and the Body</b>
Tuesday, January 11	2pm	<b>Memory Enhancement</b>
Wednesday, January 12	2pm	<b>Diabetes Wednesday</b>
Monday, January 17	--	<b>Martin Luther King Holiday</b>
Tuesday, January 18	11am	<b>Food and Diabetes</b>
Tuesday, January 18	2pm	<b>Good Nutrition</b>
Wednesday, January 19	11am	<b>Workout Wednesday</b>
Wednesday, January 19	2pm	<b>Diabetes Wednesday</b>
Monday, January 24	12pm	<b>Mental Health Monday</b>
Tuesday, January 25	11am	<b>Medical Treatment</b>
Tuesday, January 25	2pm	<b>Prescriptions</b>
Wednesday, January 26	2pm	<b>Diabetes Wednesday</b>

Contact our Nurse on Wednesdays 8:30-10:00am with questions about topics:

**Nurse Terrie- 443-618-7443**

For more information contact: **Danielle 443-618-8781**