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:

9/1 11am Aging and Exercise
9/1 2pm Fall Prevention
9/3 11am Aging and Nutrition
9/3 2pm Care and Prevent Concussions
9/4 11:30 Improving Brain Function
9/4 1pm Live, Life, Healthy
9/7 LABOR DAY
9/8 11am Prostate Cancer
9/8 2pm Ovarian Cancer
9/10 11am Low Testosterone
9/10 2pm Menopause
9/11 11:30am Aging and Health
9/14 12pm Living Legacy “Let’s Talk About Donation”
9/15 11am Hand Health
9/15 2pm Carpal tunnel
9/17 11am Arthritis
9/17 2pm Understanding Medical Terminology I
9/18 ROSH HASHANAH
9/21 12pm Mental Health Monday
9/22 11am Access to Health Care
9/22 2pm Understanding Medical Terminology II
9/24 11am Nerve System
9/24 2pm Neuropathies
9/25 12pm Substance Abuse
9/28 YOM KIPPU
9/29 11am Immunization
9/29 2pm Shingles & more

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)