

PRESENT

BIKUR CHOLIM

BETTER HEALTH SERIES

THE INFORMED PARENT: FAMILY AND CHILDREN'S HEALTH

March 13, 2024 | 7:00-9:00pm

Sinai Health and Wellness Suite | Park Heights JCC

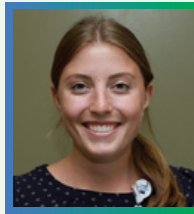
Q & A | Light refreshments and giveaways

Discover practical approaches to care for your family's health and wellness from LifeBridge Health experts.

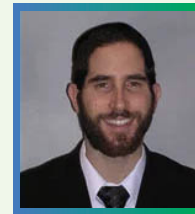
PRESENTERS:



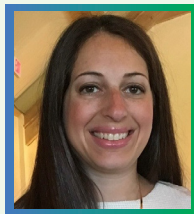
Melissa Shapiro,
MD, Attending, Division of
Pediatric Gastroenterology
and Nutrition Herman and
Walter Samuelson
Children's Hospital at Sinai



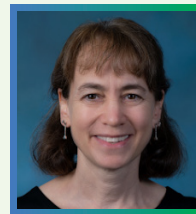
Laura Cardarelli,
PT, DPT Sinai
Rehabilitation Center



Yaniv Berger,
DO, Family Medicine,
LifeBridge Health



Amy Kessler,
M.A. Manager of Child
Life and Creative Arts
Herman and Walter
Samuelson Children's
Hospital at Sinai



Dana Silver,
MD, FAAP, FABM, Academic
Director, Division of General
Pediatrics, Greenspring
Pediatric Associates; The
Herman and Walter Samuelson
Children's Hospital at Sinai

Hostesses: Aviva Kovacs, Yona Openden & Ariella Schuchman
Introductory remarks from Rabbi Daniel Rose, Bnai Jacob Shaarei Zion



A Mission of Kindness

Baltimore Bikur Cholim is just a click or phone call away. In addition to supporting you in times of medical emergencies, we are also here to help you stay healthy with valuable wellness and medical information. In partnership with LifeBridge Health, and the JCC of Greater Baltimore, we are proud to present the Better Health Series

UPCOMING EVENTS

Man Up For Your Health: Men's Health
Monday, May 13

Empower Your Health: Wellness for Women
Tuesday, June 4

Space is limited for these programs.

Register at LIFEBRIDGEHEALTH.ORG/LIVWELLSSESSIONS

