



**LIFEBRIDGE
HEALTH**

**LIVING WELL
@ THE J**



LADIES NIGHT OUT: **EmPOWER!** **Your Health**

June 4, 2024 | 6:30-8:30pm

Owings Mills JCC- Gordon Center for Performing Arts

Please join us for an informative evening with a panel of LifeBridge Health physicians and experts as we delve into a variety of fundamental health topics:

- Colon cancer screenings and treatments
- The value of second opinions
- The most important medical tests to discuss with your doctor
- Navigating healthcare complexities
- Essential questions to ask your doctor
- Intuitive eating

This program will also include a fun and interactive stretching and Tai Chi session to help alleviate pain.

PRESENTATIONS BY

- PALLAVI KUMAR, M.D.**, Alvin and Lois Lapidus Cancer Institute
- SHERRI BAUMAN, R.N.**, Alvin and Lois Lapidus Cancer Institute
- DANA MEALING, R.D.N., L.D.N., C.I.E.C.** Tevis Center for Wellness
- HANNAH MAINSTAIN, F.N.P.** LifeBridge Health Primary Care
- CHRISTINA GENTILE, P.T., D.P.T.**, Sinai Rehabilitation Center
- AMY SCHWARTZ**, Senior Director of Fitness, Rosenbloom JCC of Greater Baltimore

This event is free. Doors open at 6:00pm.

Light Kosher refreshments (including a hard seltzer tasting) will be served.

REGISTRATION IS REQUIRED. SPACE IS LIMITED.
lifebridgehealth.org/livewellsessions

