

## Ask the Expert: Advocating for yourself at your next doctor's appointment

**Date & Time:** July 27, 12:00 pm - 12:30 pm

Join a 30-Minute Ask the Expert Session with Mariah Roberston, Assistant Professor of Medicine, Geriatric Medicine, to get tips on how to advocate for yourself at your next doctor's appointment.

This session is not incentivized in the annual rewards program.

### Join from the Meeting link

<https://lcah.webex.com/lcah/j.php?MTID=m7ff52a1d40aa10e1f781eb579da4768d>

### Join by meeting number

Meeting number (access code): 2317 137 4914

Meeting Password: nGWwAt7Fw43

### Join by phone

404-410-4502

Access code: 2317 137 4914

## Ask the Expert: More about Migraines & Headache

**Date & Time:** August 03, 12:00 pm - 12:30 pm

Join a 30-Minute Ask the Expert Session with Christina Graley, MD, Department of Neurology, to get your questions answered about migraines and headaches.

This session is not incentivized in the annual rewards program.

### Join from the Meeting link

<https://lcah.webex.com/lcah/j.php?MTID=m06f54b702fe4deab55549fee013aec1f>

### Join by meeting number

Meeting number (access code): 2316 051 1420

Meeting Password: Q96ZwgUm8nA

**Join by phone**

404-410-4502

Access code: 2316 051 1420

## Ask the Expert: Social Media & Mental Health

**Date & Time:** August 10, 12:00 pm - 12:30 pm

Join a 30 Minute Ask the Expert Session with Jennifer Katzenstein, PhD, Neuropsychologist, to get your questions answered about how social media impacts mental health.

This session is not incentivized in the annual rewards program.

**Join from the Meeting link**

<https://lcah.webex.com/lcah/j.php?MTID=md02a71d3a40064715bb389682c016742>

**Join by meeting number**

Meeting number (access code): 2318 974 0401

Meeting Password: iJDYSKyE754

**Join by phone**

404-410-4502

Access code: 2318 974 0401

## Ask the Expert: Stress Eating: Why it happens & How to Avoid it

**Date & Time:** August 17, 12:00 pm - 12:30 pm

Join a 30 Minute Ask the Expert Session with Susan Carnell, Ph.D, Associate Professor of

Psychiatry and Behavioral Sciences, to explore why so many of us end up eating when we are stressed. And to learn how to avoid using food to manage stress.

This session is not incentivized in the annual rewards program.

**Join from the Meeting link**

<https://lcah.webex.com/lcah/j.php?MTID=m170057ee1a0ec63ea8517caabd38281b>

**Join by meeting number**

Meeting number (access code): 2313 127 1445

Meeting Password: Pam28ds94Wq

**Join by phone**

404-410-4502

Access code: 2313 127 1445

## Ask the Expert: Supplements, detoxes and other gut "fixes," are they for you?

**Date & Time:** August 24, 12:00 pm - 12:30 pm

Join a 30 Minute Ask the Expert Session with Gerard Mullin, M.D. Associate Professor Gastroenterology, to get your questions answered about quick fixes for your gut.

This session is not incentivized in the annual rewards program.

**Join from the Meeting link**

<https://lcah.webex.com/lcah/j.php?MTID=m18c6454ff074274514e9c3391da87c91>

**Join by meeting number**

Meeting number (access code): 2311 908 4585

Meeting Password: vzFPqiPT633

**Join by phone**

404-410-4502

Access code: 2311 908 4585

## Ask the Expert: Marijuana is legal in Maryland: What does that mean?

**Date & Time:** August 31, 12:00 pm - 12:30 pm

Join a 30 Minute Ask the Expert Session with Andrew Stolbach, M.D. Associate Professor of Emergency Medicine to get your questions answered about marijuana use.

This session is not incentivized in the annual rewards program.

### **Join from the Meeting link**

<https://lcah.webex.com/lcah/j.php?MTID=mf331b0854684533473232c009e685b9d>

### **Join by meeting number**

Meeting number (access code): 2300 776 8676

Meeting Password: peVPYyXN522

### **Join by phone**

404-410-4502

Access code: 2300 776 8676