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-Minuate 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-Minuate 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](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

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**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](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=mf331b085468453473232c009e685b9d

**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