

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

Ask the Expert: Shhhhhhhh! Snoring, sleep apnea and other sleep challenges explored

Date & Time: September 14, 12:00 pm - 12:30 pm

Join a 30 Minute Ask the Expert Session with Jonathan Jun, M.D. pulmonary and sleep medicine specialist, to get your questions about these and other sleep challenges answered.

This session is not incentivized in the annual rewards program.

Join from the Meeting link

<https://lcah.webex.com/lcah/j.php?MTID=ma3f21aa047251783026121ca7e57f607>

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

Ask the Expert: Ouch! Arthritis!

Date & Time: September 21, 12:00 pm - 12:30 pm

Join a 30 Minute Ask the Expert Session with Maria Rothenheber, Occupational Therapist at the Johns Hopkins Hospital, to get your questions about arthritis answered.

This session is not incentivized in the annual rewards program.

Join from the Meeting link

<https://lcah.webex.com/lcah/j.php?MTID=m574b4580b929e0d01af37c92eff4eb13>

Join by meeting number

Meeting number (access code): 2311 115 9128

Meeting Password: YSe3BYz74i6

Join by phone

404-410-4502

Access code: 2311 115 9128

Ask the Expert: Ouch! Arthritis!

Date & Time: September 28, 12:00 pm - 12:30 pm

Join a 30 Minute Ask the Expert Session with Esther Oh, MD, PhD, Co-Director Johns Hopkins Memory and Alzheimer's Treatment, to learn about Alzheimer's, dementia and other memory loss issues.

This session is not incentivized in the annual rewards program.

Join from the Meeting link

<https://lcah.webex.com/lcah/j.php?MTID=m3278fbccea6741b30a378e58bef0b8c>

Join by meeting number

Meeting number (access code): 2300 699 5827

Meeting Password: 8vUaPi8Cwp4

Join by phone

404-410-4502

Access code: 2300 699 5827

Ask the Expert: Food & Brain Health

Date & Time: October 05, 12:00 pm - 12:30 pm

Join a 30 Minute Ask the Expert Session with Mona Bahouth, MD, PhD, Associate Professor of Neurology, to learn about how to optimize your brain health through food.

Join from the Meeting link

<https://lcah.webex.com/lcah/j.php?MTID=mabb5d150e0cf2ae8f4470bedbb5ff89a>

Join by meeting number

Meeting number (access code): 2318 185 7389

Meeting Password: Z9WtBMepR88

Join by phone

404-410-4502

Access code: 2318 185 7389

Ask the Expert: Sleep and emotions: unraveling the link

Date & Time: October 12, 12:00 pm - 12:30 pm

Join a 30 Minute Ask the Expert Session with Luis Buenaver, PhD, Director, Johns Hopkins Behavioral Sleep Medicine Program, to learn all about the relationship between your emotions and your sleep.

This session is not incentivized in the annual rewards program.

Join from the Meeting link

<https://lcah.webex.com/lcah/j.php?MTID=ma6e3011097550666161fd256885265dd>

Join by meeting number

Meeting number (access code): 2315 660 4320

Meeting Password: P83pY4E5fBJ

Join by phone

404-410-4502

Access code: 2315 660 4320