

August 2021

Health & Wellness Calendar

Planning for Parenthood

Unless otherwise noted, the programs listed below are virtual classes using SecureVideo service. Call 410-871-7000 to register, pay and obtain access to the class.

Prepared Childbirth Program

Thursday, August 5, 6 – 9 p.m.
\$20 per couple

Breathing, Relaxation & Comfort Techniques

Tuesday, August 10, 6 – 8 p.m.
\$20 per couple

Baby Care

Thursday, August 12, 6 – 8 p.m.
\$20 per couple

Breastfeeding

Taught by our lactation staff, this class is designed for mothers-to-be or couples who are considering or have chosen to breastfeed.

Tuesday, August 17, 6 – 8:30 p.m.
\$20 per couple

What to Expect Online Presentation

Visit lifebridgehealth.org/lbpxpect to view.

Visit lifebridgehealth.org/familybirthplace for more information about our services.

Special Programs

4 Weeks for Wellness

Throughout August

Sign up for inspirational weekly emails and calendar of daily wellness prompts at lifebridgehealth.org/4weeks

Carroll Hospital Farmers Market

Shop for locally grown fruits and vegetables and other items while supporting local farmers. All shoppers and vendors are required to practice social distancing protocols and wear face masks.

Thursdays, 11:30 a.m. – 3:30 p.m.

Third level of parking garage

Visit lifebridgehealth.org/farmersmarket for more information.

Fitness Friday

First Friday of every month

Join The Partnership for a Healthier Carroll County on its Facebook page ([facebook.com/healthiercarrollcounty](https://www.facebook.com/healthiercarrollcounty)) for a virtual fitness class offered via Zoom. Visit The Partnership's Facebook page [Events](#) tab for more details.

Healthy Bites with Bridgette

Explore healthy cooking and nutrition in online cooking classes with our community nutrition educator Bridgette Bostic, R.D.N.

Wednesdays, 5:30 – 6:30 p.m.

August 11 & 25

September 1 & 22

October 13 & 27

\$15 for a six-class session

Visit lifebridgehealth.org/healthybites to

view recipe schedule, register and pay or call 410-871-7000.

It's All About Diabetes Wednesdays

Providing health and wellness information related to diabetes every week by phone. To join, call the number below and enter the code when prompted.

Wednesdays, 2 – 3 p.m.

1-646-741-5292

Access Code: 111-1059-1175

Kidney Smart Online

For more information or to register, call 888-695-4363.

Living Healthy, Living Well (Mailed Toolkit)

These evidence-based programs introduce information and skills that help people with chronic pain, diabetes, and physical and mental health conditions lead a healthy life. Participants complete their specific program at their own pace in addition to a weekly conference call with a trained facilitator.

For more information or to register go to carrollcountymd.gov/aging-and-disabilities, call 410-386-3818 or email livinghealthy@carrollcountymd.gov

Wellness Wednesdays

Noon

Join The Partnership for a Healthier Carroll County on its Facebook page ([facebook.com/healthiercarrollcounty](https://www.facebook.com/healthiercarrollcounty)) as community partners present information and resources on a variety of health and wellness topics.

Support Groups

Unless otherwise noted, the support groups listed below are virtual groups using SecureVideo service; please call 410-871-7000 to register and obtain access to the group.

Breast Cancer Support Group

Tuesday, August 10, 7 – 8:30 p.m.

Breastfeeding Support Group

Thursdays, noon – 1 p.m. (except holidays)
Call 410-871-7000 to register.

Caregiver Support Group

Tuesday, August 10, 4 – 5:30 p.m.

Carroll County Bureau of Aging & Disabilities
125 Stoner Ave., Westminster

Diabetes Support Group

Thursday, August 5, 5 – 6 p.m.

Offered virtually with Zoom

Meeting ID: 741 082 2723 / Passcode: fiber

Call-in: 1-301-715-8592

No registration required

Gather & Connect Support Group

For those living with cancer (and their families) to share their experiences

Monday, August 23, 4:30 – 6 p.m.

Grandparents Raising Grandchildren Support Group

Wednesday, August 11, 5:30 – 7 p.m.

Carroll County Bureau of Aging & Disabilities
125 Stoner Ave., Westminster

Parkinson's Support Group

For those living with Parkinson's Disease and their families or caregivers

Wednesday, August 11, 1 – 2 p.m.

Perinatal Loss Support Group

For those who have experienced a loss during pregnancy or of a baby up to 1 year of age
Monday, August 23, 7 – 8 p.m.

Postpartum Support Group

New moms who are feeling overwhelmed, hopeless, sad or out of control can share experiences, connect with needed resources and get support.

Thursdays, August 12 and 26, 1 – 2 p.m.

Stroke Survivors Support Group

Thursday, August 12, 10 – 11 a.m.



All programs are free of charge and require pre-registration unless otherwise noted. All fees are nonrefundable. To register or for more information, call Care Connect at 410-871-7000 or visit lifebridgehealth.org/wellness.

Grief Support Services

Call 410-871-8000 for more information.

Healing after a Substance Loss Support Group

Open to those who have experienced the death of a loved one related to substance use or addictions. The group addresses the unique emotional issues surrounding the loss and offers coping strategies.

Tuesday, August 3, 5 – 6:30 p.m.

Call 443-875-8763 to register and obtain access to this virtual group.

Mending Hearts Support Group

Open to parents who have lost a child

Monday, August 16, 6:30 – 8 p.m.

Call 410-871-7656 to register and obtain access to this virtual group.

Pathways Grief Support Group

Open to anyone who is grieving the loss of a loved one. The group addresses emotional issues surrounding the loss and offers coping strategies.

Wednesday, August 18, 7 – 8 p.m.

Call 410-871-7656 to register and obtain access to this virtual group.

Widows & Widowers Support Group

Open to adults who have lost a spouse

Tuesday, August 3, 6:30 – 8 p.m.

Call 410-960-7568 to register and obtain access to this virtual group.

Special Services

Cancer Navigation Services

A comprehensive resource for those pending a diagnosis or in any stage of all types of cancer
Call 410-871-7000 for more information.

Care Connect Navigation Services

Support and guidance for people living with health conditions
Call 410-871-7000 for more information.

Center for Breast Health

A comprehensive resource for those pending a diagnosis, at any stage of breast cancer or for general breast health needs

Call 410-871-7080 for more information.

Complementary Health Services

By appointment only. Call 410-871-7000 for more information or to schedule.

- Acupuncture
- Integrative Reflexology®
- Massage
- NADA–Auricular Acupuncture for Weight Loss & Addiction
- Reiki

Genetic Counseling

For cancer patients and those at risk for the disease. Telemedicine and in-person appointments at Carroll Hospital are available.

A physician referral is required.

Call 410-601-5085 for more information.

Studio YOU

Features one on one consultation for a wide selection of support items, including wigs and head coverings for those with cancer and medical hair loss; mastectomy bras and breast prostheses; and more. Limited quantities of wigs and head coverings are available free of charge.

East Pavilion in the Wellness Boutique
Appointments required for Studio YOU

Call 410-871-7000 for more information.

Gift Certificates

Available for complementary health services. Call 410-871-7000 for more information or visit lifebridgehealth.org/tevisgiftcertificates



 **CARROLL HOSPITAL**
A LifeBridge Health Center

Tevis Center for Wellness

CARE BRAVELY

200 Memorial Avenue | Westminster, MD 21157
410-848-3000