

February 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, February 4, 6 – 9 p.m.
\$20 per couple

Breathing, Relaxation & Comfort Techniques

Tuesday, February 9, 6 – 8 p.m.
\$20 per couple

Baby Care

Thursday, February 11, 6 – 8 p.m.
\$20 per couple

Breastfeeding Class

Taught by our lactation staff, this class is designed for mothers-to-be or couples who are considering or have chosen to breastfeed.
Tuesday, February 16, 6 – 8:30 p.m.
\$20 per couple

What to Expect Online Presentation

Visit lifebridgehealth.org/lbexpect to view.

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

Mind and Body

Livestream Vinyasa Flow Yoga

By month: \$40 for 4-week session
Thursdays, 5:30 – 6:30 p.m.
Visit lifebridgehealth.org/carrolllyoga or call 410-871-7000.

Special Programs

Chronic Disease Self-Management Program (Mailed Toolkit)

This evidence-based program introduces information and skills that help people with physical and mental health conditions lead a healthy life. Participants complete the program at their own pace in addition to a weekly conference call with a trained facilitator.

Registration required; Free
For more information or to register, call 410-386-3818 or email lwagner@carrollcountymd.gov

Kidney Smart Online

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

Telelearning Tuesdays at 2 p.m.

Providing health and wellness education by phone, we are offering 30-minute weekly presentations on various topics. To join, call the number below on Tuesdays at 2 p.m. and enter the code when prompted.
1-646-741-5292
Access Code: 111-1871-7000

Zumba Heart Party

Participants can join us in person, with safety precautions in place, or virtually. Don't miss your chance to win great raffle prizes! Wear red to show your support for heart disease awareness.
Friday, February 19, 6 – 8 p.m.
The Hill Y in Westminster and Virtual
1719 Sykesville Road, Westminster,
Registration required; Free
Call 410-848-3660 to register.

Heart Health Month

Join us throughout the month for special heart health programs!
Visit lifebridgehealth.org/heartmonth for a full list of activities.

Support Groups

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

Breast Cancer Support Group

Tuesday, February 9, 7 – 8:30 p.m.

Breastfeeding Support Group

Call the breastfeeding hotline at 410-871-7024 or visit lifebridgehealth.org/carrollbreastfeeding for assistance.

Caregivers Support Group

Tuesday, February 9, 4:30 – 6 p.m.
Offered virtually with GoToMeeting
To register, call 410-386-3833 or email moverby@carrollcountymd.gov

Gather & Connect Support Group

For those living with cancer (and their families) to share their experiences
Monday, February 22, 4:30 – 6 p.m.

Grandparents Raising Grandchildren Support Group

Wednesday, February 10, 5:30 – 7 p.m.
Offered virtually with GoToMeeting
To register, call 410-386-3833 or email moverby@carrollcountymd.gov

Parkinson's Support Group

For those living with Parkinson's Disease and their families or caregivers
Wednesday, February 10, 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, February 22, 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, February 11 and 25, 1 – 2 p.m.

Stroke Survivors Support Group

Thursday, February 11, 10 – 11 a.m.

Special Services

Cancer Navigation Services

A free, 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 free, 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 availability of services.

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

Bereavement 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, February 2, 5 – 6:30 p.m.
Call 443-875-8763 to register and obtain access to this virtual group.

Mending Hearts

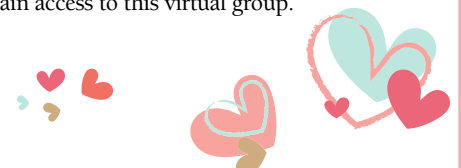
Open to parents who have lost a child
Monday, February 15, 6:30 – 8 p.m.
Call 410-871-7656 to register and obtain access to this virtual group.

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, February 17, 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, February 2, 6:30 – 8 p.m.
Call 410-960-7568 to register and obtain access to this virtual group.



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.