

July 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, July 1, 6 – 9 p.m.
\$20 per couple

Breathing, Relaxation & Comfort Techniques

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

Baby Care

Thursday, July 8, 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, July 20, 6 – 8:30 p.m.
\$20 per couple

What to Expect Online Presentation

Visit lifebridgehealth.org/lfbpexpect to view.

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

Special Programs

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.

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

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

Kidney Smart Online

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

Wellness Wednesdays

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. Call 410-871-7000 to register and obtain access to the group.

Breast Cancer Support Group

Tuesday, July 13, 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, July 13, 4:30 – 6 p.m.
Offered virtually with GoToMeeting
To register, call 410-386-3833 or email moverby@carrollcountymd.gov

Diabetes Support Group

Thursday, July 1, 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, July 26, 4:30 – 6 p.m.

Grandparents Raising Grandchildren Support Group

Wednesday, July 14, 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, July 14, 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, July 26, 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, July 8 and 22, 1 – 2 p.m.

Stroke Survivors Support Group

Thursday, July 8, 10 – 11 a.m.

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, July 6, 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, July 19, 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, July 21, 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, July 6, 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 or visit lifebridgehealth.org/wellness.

Mind and Body

Livestream Vinyasa Flow Yoga

By month: \$50 for 5-week session

Thursdays, 5:30 – 6:30 p.m.

Visit lifebridgehealth.org/carrollyoga or call 410-871-7000.

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 pricing or more information.

- 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

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