

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

Breathing, Relaxation & Comfort Techniques

Tuesday, May 11, 6 – 8 p.m.
\$20 per couple

Baby Care

Thursday, May 13, 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, May 18, 6 – 8:30 p.m.
\$20 per couple

What to Expect Online Presentation

Visit lifebridgehealth.org/fbpxpect to view.

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

Special Programs

Begin With Your Skin

Proper skin care and skin cancer prevention
Tuesday, May 18, 7 – 8 p.m.
Offered Virtually with OfficeSuiteHD
To register, go to lifebridgehealth.org/carrollclasses and search "Healthy Living."

Healthcare Decisions Day

Plan ahead for your healthcare preferences and complete an advance directive.
Tuesday, May 25, 10 a.m. – 5 p.m.
Call 410-871-7000 for more information and to schedule an appointment.

Living Healthy, Living Well with Chronic Conditions

A virtual self-management program to help you learn techniques and strategies to manage your chronic health condition.
Tuesdays, May 18 through June 22
9:30 a.m. – noon
Tablets with data available for loan.
For more information or to register, go to carrollcountymd.gov/livinghealthy, call 410-386-3818 or email livinghealthy@carrollcountymd.gov

Kidney Smart Online

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

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

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, May 11, 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, May 11, 4:30 – 6 p.m.
Offered virtually with GoToMeeting
To register, call 410-386-3833 or email moverby@carrollcountymd.gov

Diabetes Support Group

Thursday, May 6, 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, May 24, 4:30 – 6 p.m.

Grandparents Raising Grandchildren Support Group

Wednesday, May 12, 5:30 – 7 p.m.
Offered virtually with GoToMeeting
To register, call 410-386-3833 or email moverby@carrollcountymd.gov

Ostomy Support Group

Wednesday, May 12, 6 – 7 p.m.

Parkinson's Support Group

For those living with Parkinson's Disease and their families or caregivers
Wednesday, May 12, 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, May 24, 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, May 13 and 27, 1 – 2 p.m.

Stroke Survivors Support Group

Thursday, May 13, 10 – 11 a.m.

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.

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, May 4, 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, May 17, 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, May 19, 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, May 4, 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.

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. 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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