

November 2021

# Health & Wellness Calendar

## CPR

### Basic Life Support (BLS) Providers

This class is for health care professionals and professional rescuers, supports both the initial and the renewal requirements of CPR certification and follows American Heart Association guidelines.

Friday, November 12, Noon – 4:30 p.m.  
Shauck Auditorium  
\$80 per person

## Screenings

### Blood Pressure Screening

Tuesday, November 16, 10 – 11 a.m.  
Tevis Center for Wellness

## Mind and Body

### Vinyasa Yoga (mixed levels)

Thursdays  
November 4, 11, 18 & December 2, 9, 16  
5:30 – 6:30 p.m.  
Tevis Center for Wellness  
\$78 per 6-week session

## Planning for Parenthood

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

### Prepared Childbirth Program

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

### Breathing, Relaxation & Comfort Techniques

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

### Baby Care

Thursday, November 11, 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, November 16, 6 – 8:30 p.m.  
\$20 per couple

### What to Expect Online Presentation

Visit [lifebridgehealth.org/lbpexpect](https://lifebridgehealth.org/lbpexpect) to view.

Visit [lifebridgehealth.org/familybirthplace](https://lifebridgehealth.org/familybirthplace) for more information about our services.

## Special Programs

### Fitness Friday

First Friday of every month  
Join The Partnership for a Healthier Carroll County on its Facebook page ([facebook.com/healthiercarrollcounty](https://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

### Kidney Smart Online & In Person

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](https://carrollcountymd.gov/aging-and-disabilities), call 410-386-3818 or email [livinghealthy@carrollcountymd.gov](mailto:livinghealthy@carrollcountymd.gov)

### Powerful Tools for Caregivers

This virtual, evidence-based self-care workshop series teaches individuals how to care for themselves while caring for someone else.  
Mondays, November 1 to December 6  
5:30 – 7 p.m.  
Free; Registration required  
For more information or to register, call 410-386-3818 or email [lwagner@carrollcountymd.gov](mailto:lwagner@carrollcountymd.gov)

### Wellness Wednesdays

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

## Support Groups

Support groups may be offered in person, virtually or a combination; please call 410-871-7000 to register and obtain information.

### Breast Cancer Support Group

Tuesday, November 9, 7 – 8:30 p.m.

### Breastfeeding Support Group

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

### Caregivers Support Group

Tuesday, November 9, 4:30 – 6 p.m.  
Carroll County Bureau of Aging and Disabilities  
125 Stoner Ave., Westminster  
For more information, call 410-386-3833.

### Diabetes Support Group

Thursday, November 18, 5 – 6 p.m.  
Offered virtually with Zoom  
Meeting ID: 551 427 6168  
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, November 15, 4:30 – 6 p.m.

### Grandparents Raising Grandchildren Support Group

Wednesday, November 10, 5:30 – 7 p.m.  
Carroll County Bureau of Aging and Disabilities  
125 Stoner Ave., Westminster  
For more information, call 410-386-3833.

### Parkinson's Support Group

For those living with Parkinson's Disease and their families or caregivers  
Wednesday, November 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, November 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.  
Thursday, November 11, 1 – 2 p.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](https://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, November 2, 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, November 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, November 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, November 2, 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

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](https://lifebridgehealth.org/tevisgiftcertificates)



 **CARROLL HOSPITAL**

A LifeBridge Health Center

Tevis Center for Wellness

**CARE BRAVELY**

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