

October 2021

Health & Wellness Calendar

GPR

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, October 22, 8 a.m. – 12:30 p.m.
Shauck Auditorium
\$80 per person

Screenings

One-On-One Health Consultation & Clinical Breast Exam

Wednesdays, October 6 and October 20
Tevis Center for Wellness
Free; Registration required
Call 410-871-7000 for more information or to schedule.

Skin Cancer Screening

Friday, October 15
Tevis Center for Wellness
Free; Registration required
Call 410-871-7000 for more information or to schedule.

Blood Pressure Screening

Monday, October 25, 11 a.m. – 12:30 p.m.
Tevis Center for Wellness
No registration required

Mind and Body

Vinyasa Yoga (mixed levels)

Thursdays, October 7, 14, 21, 28
5:30 – 6:30 p.m.
Tevis Center for Wellness
\$52 per 4-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, October 7, 6 – 9 p.m.
\$20 per couple

Breathing, Relaxation & Comfort Techniques

Tuesday, October 12, 6 – 8 p.m.
\$20 per couple

Baby Care

Thursday, October 14, 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, October 19, 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.

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://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

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, call 410-386-3818 or email livinghealthy@carrollcountymd.gov

12th Annual Total Health Expo

presented by Point Breeze Credit Union
A weeklong virtual wellness celebration offering classes, health screenings and events for the whole family
October 25 – 29
Register and learn more at lifebridgehealth.org/totalhealthexpo

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

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, October 12, 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, October 12, 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, October 21, 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, October 25, 4:30 – 6 p.m.

Grandparents Raising Grandchildren Support Group

Wednesday, October 13, 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, October 13, 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, October 25, 7 – 8 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.

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, October 14 and 28, 1 – 2 p.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, October 5, 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, October 18, 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, October 20, 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, October 5, 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

 **CARROLL HOSPITAL**

A LifeBridge Health Center

Tevis Center for Wellness

CARE BRAVELY

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410-848-3000