

April 2022

Health & Wellness Calendar

CPR

Basic Life Support (BLS) Providers

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

Friday, April 8, Noon – 4 p.m.

Shauck Auditorium

\$80 per person

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

Tuesday, April 5, 6 – 9 p.m.

\$25 per couple

Breathing, Relaxation & Comfort Techniques

Thursday, April 7, 6 – 8 p.m.

\$25 per couple

Baby Care & Breastfeeding

Tuesday, April 12, 6 – 9 p.m.

\$25 per couple

Family Birthplace Open House

Meet your classmates and the staff who taught your class. Stations will be set up to practice baby care, CPR, massage tools, breastfeeding positions, breast pumps, and other tools a new mom will need.

Thursday, April 14, 6 – 7 p.m.

Shauck Auditorium

Carroll Hospital East Pavilion

Free

Visit lifebridgehealth.org/familybirthplace for more information about our services and the What to Expect During Your Hospital Stay at the Family Birthplace presentation.

Special Programs

Fitness Friday

First Friday of every month

The Partnership for a Healthier Carroll County will host Fitness Friday's at the mall. In addition, Walk Carroll will meet every Friday to walk at the mall at 9 a.m.

April 1, 9 – 11 a.m.

Healthy Bites with Bridgette

Explore healthy cooking and nutrition in free online cooking classes with our community nutrition educator Bridgette Hamby, R.D.N.

Wednesdays, Noon – 1 p.m.

April 6 & 20

Visit lifebridgehealth.org/healthybites to view recipe schedule and access the link to join via zoom.

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

Wellness Wednesdays

Noon

Join The Partnership for a Healthier Carroll County on its Facebook page (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, April 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, April 12, 4:30 – 6 p.m.

For more information, call 410-386-3833.

Diabetes Support Group

Thursday, April 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, April 25, 4:30 – 6 p.m.

Grandparents Raising Grandchildren Support Group

Wednesday, April 13, 5:30 – 7 p.m.

For more information, call 410-386-3833.

Multiple Sclerosis Support Group

Monday, April 18, 10 a.m. – 12:30 p.m.

Shauck Auditorium

Carroll Hospital East Pavilion

Ostomy Support Group

Wednesday, April 6, 6 – 7 p.m.

Parkinson's Support Group

For those living with Parkinson's Disease and their families or caregivers

Wednesday, April 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, April 25, 7 – 8 p.m.

Postpartum Support Group

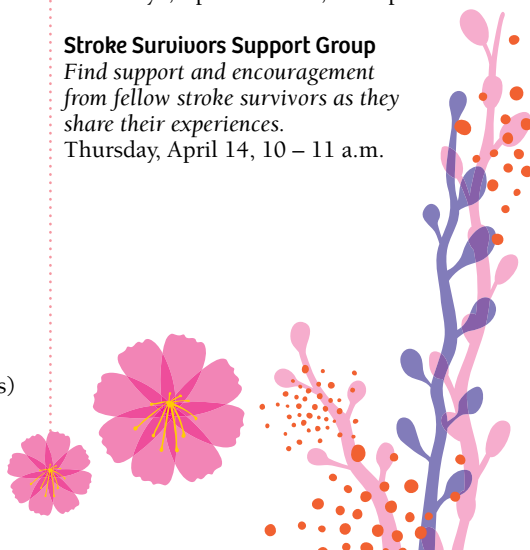
New moms who are feeling overwhelmed, hopeless, sad or out of control can share experiences, connect with needed resources and get support.

Thursdays, April 14 & 28, 1 – 2 p.m.

Stroke Survivors Support Group

Find support and encouragement from fellow stroke survivors as they share their experiences.

Thursday, April 14, 10 – 11 a.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.

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, April 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, April 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, April 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, April 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 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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