

February 2022

# 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.

Thursday, February 17, 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, February 1, 6 – 9 p.m.  
\$25 per couple

### Breathing, Relaxation & Comfort Techniques

Thursday, February 3, 6 – 8 p.m.  
\$25 per couple

### Baby Care & Breastfeeding

Tuesday, February 8, 6 – 8 p.m.  
\$25 per couple

Visit [lifebridgehealth.org/familybirthplace](http://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  
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.

### 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.  
February 2 & 16  
Visit [lifebridgehealth.org/healthybites](http://lifebridgehealth.org/healthybites) to view recipe schedule and register for classes.

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

### 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, February 8, 7 – 8:30 p.m.

### Caregivers Support Group

Tuesday, February 8, 4:30 – 6 p.m.  
For more information, call 410-386-3833.

### Diabetes Support Group

Thursday, February 17, 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, February 28, 4:30 – 6 p.m.

### Grandparents Raising Grandchildren Support Group

Wednesday, February 9, 5:30 – 7 p.m.  
For more information, call 410-386-3833.

### Parkinson's Support Group

For those living with Parkinson's Disease and their families or caregivers  
Wednesday, February 9, 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, February 28, 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, February 10 & 24, 1 – 2 p.m.

### Stroke Survivors Support Group

Find support and encouragement from fellow stroke survivors as they share their experiences and offer encouragement.  
Thursday, February 10, 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, February 1, 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, February 21, 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, February 16, 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, February 1, 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](http://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 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](https://lifebridgehealth.org/tevisgiftcertificates)



Tevis Center for Wellness

**CARE BRAVELY**

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