

May 2022



# Health & Wellness Calendar

## GPR

### 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.

Tuesday, May 17, 8 a.m. – Noon  
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, May 3, 6 – 9 p.m.  
\$25 per couple

### Breathing, Relaxation & Comfort Techniques

Thursday, May 5, 6 – 8 p.m.  
\$25 per couple

### Baby Care & Breastfeeding

Tuesday, May 10, 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, May 12, 6 & 7 p.m.  
Shauck Auditorium; Free

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

### Blood Pressure Screening & Stroke Education

Have your blood pressure checked by a registered nurse. Learn about risk factors and prevention for hypertension and stroke.

Tuesday, May 17, 11 a.m. – Noon  
Carroll Hospital Lobby

### Fitness Friday

TownMall of Westminster (near food court)  
Learn about various health and wellness topics during The Partnership for a Healthier Carroll County's Fitness Fridays.  
Friday, May 6, 9 – 11 a.m.

### Healthy Bites with Bridgette

Explore healthy cooking and nutrition in online cooking classes with our community nutrition educator Bridgette Hamby, R.D.N.  
Wednesdays, May 4 & 18  
Noon – 1 p.m.  
Visit [lifebridgehealth.org/healthybites](http://lifebridgehealth.org/healthybites) to view recipe schedule and register.

### 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)

### Mindfulness Workshop

This workshop is designed to help you address stress by exploring ways to create a more balanced life through prompted journaling, guided meditation, a mindful eating activity and gentle yoga.

Saturday, May 14, 9 a.m. – Noon  
Tevis Center for Wellness  
\$20 per person

### Skin Cancer Screening

Free screening exams will be provided by Brenda Schneider, P.A.-C., from Westminster Dermatology  
Fridays, May 6 & 20, 9 a.m. – Noon  
Call 410-871-7000 to register.

### Walk Carroll

Meet every Friday to walk at the TownMall of Westminster  
Fridays, May 6, 13, 20 & 27  
9 – 10 a.m.

### 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, May 10, 7 – 8:30 p.m.

### Breastfeeding Support Group

Thursdays, Noon – 1 p.m. (except holidays)

### Caregivers Support Group

Tuesday, May 10, 4:30 – 6 p.m.  
For more information, call 410-386-3833.

### Gather & Connect Support Group

For those living with cancer (and their families) to share their experiences  
Monday, May 23, 4:30 – 6 p.m.

### Grandparents Raising Grandchildren Support Group

Wednesday, May 11, 5:30 – 7 p.m.  
For more information, call 410-386-3833.

### Multiple Sclerosis Support Group

Monday, May 16, 10 a.m. – 12:30 p.m.  
Shauck Auditorium

### Parkinson's Support Group

For those living with Parkinson's Disease and their families or caregivers  
Wednesday, May 11, 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 23, 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 12 & 26, 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, May 12, 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](http://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, May 3, 5 – 6:30 p.m.

Call 443-974-8717 to register and obtain access to this virtual group.

#### Mending Hearts Support Group

Open to parents who have lost a child

Monday, May 16, 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 18, 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 3, 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](https://lifebridgehealth.org/tevisgiftcertificates)

 **CARROLL HOSPITAL**  
A LifeBridge Health Center

Tevis Center for Wellness

**CARE BRAVELY**

200 Memorial Avenue | Westminster, MD 21157  
410-848-3000