

November 2020

Health & Wellness Calendar

Planning for Parenthood

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

Prepared Childbirth Program

Thursday, November 5, 6 – 9 p.m.

Breathing, Relaxation & Comfort Techniques

Tuesday, November 10, 6 – 8 p.m.

Baby Care

Tuesday, November 17, 6 – 8 p.m.

What to Expect Online Presentation

Visit LifeBridgeHealth.org/FBPexpect to view.

Breastfeeding Resources

Online resources are available at

LifeBridgeHealth.org/CarrollBreastfeeding

Visit LifeBridgeHealth.org/FamilyBirthplace for more information about our services.

Special Programs

Healthy Bites with Bridgette

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

Wednesdays, 5:30 – 6:30 p.m.

\$10 per month

Visit LifeBridgeHealth.org/HealthyBites to see a recipe schedule, register and pay or call 410-871-7000.

Kidney Smart Online

For more information or to register, call 888-695-4363.

Telelearning Tuesdays at 2 p.m.

Providing health and wellness education by phone, we are offering 30-minute weekly presentations on various topics. To join, call the number below on Tuesdays at 2 p.m. and enter the code when prompted.

1-646-741-5292

Access Code: 111-1871-7000

Mind and Body

Livestream Yoga

Gentle Yoga, Vinyasa Flow Yoga, Prenatal & Postpartum Yoga

By month: \$30 for 3-week session or \$50 for 5-week session

Visit LifeBridgeHealth.org/CarrollYoga

or call 410-871-7000 for more information and to register.

Support Groups

Unless otherwise noted, the support groups listed below are virtual groups using SecureVideo service. Call 410-871-7000 to register and obtain access to the group.

Breast Cancer Support Group

Tuesday, November 10, 7 – 8:30 p.m.

Breastfeeding Support Group

Call the breastfeeding hotline at 410-871-7024 or visit LifeBridgeHealth.org/CarrollBreastfeeding for assistance.

Gather & Connect Support Group

For those living with cancer (and their families) to share their experiences

Monday, November 16, 4:30 – 6 p.m.

Ostomy Support Group

Wednesday, November 4, 6 – 7 p.m.

Parkinson's Support Group

Wednesday, November 11, 1 – 2 p.m.

Perinatal Loss Support Group

Monday, November 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.

Thursday, November 12, 1 – 2 p.m.

Stroke Survivors Support Group

Thursday, November 12, 10 – 11 a.m.

Special Services

Cancer Navigation Services

A free, 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 free, 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 availability of services.

- Acupuncture (Private or Community)
- Acupuncture Facial Rejuvenation
- Integrative Reflexology®
- Massage
- NADA–Auricular Acupuncture for Weight Loss & Addiction
- Reiki

Lymphedema Therapy

In partnership with Pivot Physical Therapy

844 Washington Road, Suite 209

For more information or to schedule an appointment, call 410-876-5600.

Bereavement 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 abuse or addictions. The group addresses the unique emotional issues surrounding the loss and offers coping strategies.

Tuesday, November 3, 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 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, November 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, November 3, 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.