

# 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, September 3, 6 – 9 p.m.

### Breathing, Relaxation & Comfort Techniques

Tuesday, September 8, 6 – 8 p.m.

### Baby Care

Thursday, September 10, 6 – 8 p.m.

### What to Expect Online Presentation

Visit [LifeBridgeHealth.org/FBPexpect](https://LifeBridgeHealth.org/FBPexpect) to view.

### Breastfeeding Resources

Online resources are available at [LifeBridgeHealth.org/CarrollBreastfeeding](https://LifeBridgeHealth.org/CarrollBreastfeeding)

Visit [LifeBridgeHealth.org/FamilyBirthplace](https://LifeBridgeHealth.org/FamilyBirthplace) for more information about our services.

## 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.

### 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.



## Mind and Body

### Livestream Yoga

Gentle Yoga, Vinyasa Flow Yoga, Prenatal & Postpartum Yoga

By month: \$40 for 4-week session  
Visit [LifeBridgeHealth.org/CarrollYoga](https://LifeBridgeHealth.org/CarrollYoga) or call 410-871-7000 for more information and to register.

## Special Programs

### Healthy Bites with Bridgette (Live Online)

Explore healthy cooking and nutrition with our community nutrition educator Bridgette Bostic, R.D.N.  
Wednesdays, 5:30 – 6:30 p.m., \$10/month  
Visit [LifeBridgeHealth.org/HealthyBites](https://LifeBridgeHealth.org/HealthyBites) or call 410-871-7000 to see a recipe schedule, register and pay.

### Kidney Smart Online

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

### Parkinson's Disease: New Diagnosis Information Night

Presented by Joseph Savitt, M.D. Ph.D.  
Wednesday, September 2, 5:30 – 7:30 p.m.  
Call 410-871-7000 to register and obtain access to the live virtual program using SecureVideo service.

### 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

## 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, September 8, 7 – 8:30 p.m.

### Breastfeeding Support

Call the breastfeeding hotline at 410-871-7024 or visit [LifeBridgeHealth.org/CarrollBreastfeeding](https://LifeBridgeHealth.org/CarrollBreastfeeding) for assistance.

### Gather & Connect

For those living with cancer (and their families) to share their experiences  
Monday, September 21, 4:30 – 6 p.m.

### Ostomy Support Group

Wednesday, September 9, 6 – 7 p.m.

### Parkinson's Support Group

Wednesday, September 9, 1 – 2:30 p.m.

### Perinatal Loss Support

Monday, September 28, 7 – 8 p.m.

### Postpartum Support

New moms who are feeling overwhelmed, hopeless, sad or out of control can share experiences, connect with needed resources and get support.  
Thursdays, September 10 & 24, 1 – 2 p.m.

## 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, September 1, 5 – 6:30 p.m.  
Please call 443-875-8763 to register and obtain access to this virtual group.

### Mending Hearts

Open to parents who have lost a child  
Monday, September 21, 6:30 – 8 p.m.  
Please 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, September 16, 7 – 8 p.m.  
Please 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, September 1, 6:30 – 8 p.m.  
Please call 410-960-7568 to register and obtain access to this virtual group.