



## Sepsis Prevention Education

### What is sepsis?

Sepsis is a life-threatening condition that can happen when infection spreads through your whole body. The infection could be from bacteria or a virus. If sepsis is not treated early, it can damage your organs, and can kill you. It kills more people than breast cancer, AIDS, and prostate cancer combined. It's an emergency!

### Who is at risk for sepsis?

- People who have been in a hospital
- People with bad burns
- People who get infection easily
- Infants and children
- Elderly who have complex medical conditions
- People with tubes or drains
- People with open sores or cuts

### How do I know if I have sepsis?

Symptoms may include:

- Fever greater than 101° or shaking chills
- Very low temperature (less than 96.8°)
- Confusion or sleepiness
- Vomiting, diarrhea, and the inability to keep food and fluids down for more than 12 hours
- Fast heartbeat without exercising
- Hard to breathe, or breathing very fast or very slow

Report any symptoms to your doctor, who can determine if this is sepsis.

### Early Treatment Saves Lives

The sooner you or a family member gets treatment, the better.

- Look for signs of sepsis.
- Call your doctor or go to the emergency room.
- Ask, "Could this be sepsis?"

To see a video about sepsis, visit [MedStarHealth.org/Sepsis](http://MedStarHealth.org/Sepsis).

PO Box 43595  
Baltimore, MD 21236-9841  
To be removed from future mailings, call 855-218-2435.



## COMMUNITY MARKET

**Produce in a SNAP**  
Build a produce bag that's just right for you!

MedStar Union Memorial Hospital  
201 E. University Pkwy., Baltimore

Wednesdays, 11 a.m. to 1:30 p.m.  
Hospital main entrance

Items are priced between \$.1 and \$.3, which are more affordable than at the average grocery store. Cash, credit, debit, and SNAP/EBT cards accepted.



MedStar Health



## YOUR GUIDE FOR Good Health

Community Health | **WINTER AND SPRING 2020**

# Community Health Classes

We care about the health and wellness of our community. One of the ways we try to keep you healthy and active is by offering classes and support. Join us, and learn how you can stay healthy for life. To reserve your seat, call toll free **855-218-2435**, unless otherwise noted. *Please note: many classes are free; however, some have a fee that will be discussed when you call to reserve your space.*

## SMOKING CESSATION

### Freshstart® Smoking Cessation Program

Freshstart, a free program, is designed to help smokers successfully quit by providing essential information, skills for coping with cravings, and group support. To register, call **855-218-2435**.

**Tuesdays, Feb. 4 to Feb. 25  
5:15 to 6:30 p.m.**

MedStar Good Samaritan Hospital  
Good Health Center  
5601 Loch Raven Blvd., Baltimore

**Mondays, Feb. 17 to March 9  
4 to 5:30 p.m.**

Hampden Family Center  
1104 W. 36th St., Baltimore

**Wednesdays, March 25 to April 15  
6 to 7:30 p.m.**

MedStar Harbor Hospital  
Cancer Center  
Empowerment Room, Ground Floor  
3001 S. Hanover St., Baltimore

**Tuesdays, March 31 to April 21  
5:15 to 6:30 p.m.**

MedStar Good Samaritan Hospital  
Parker Center 1  
5601 Loch Raven Blvd., Baltimore

**Wednesdays, April 29 to May 20  
6 to 7:30 p.m.**

MedStar Harbor Hospital  
Cancer Center  
Empowerment Room, Ground Floor  
3001 S. Hanover St., Baltimore



## WELLNESS AND PREVENTION

### Diabetes Management Workshop

This seven-week workshop, co-sponsored by Keswick's Wise and Well Center, takes a group-focused approach to learning how to better manage your diabetes and the complications that are associated with it. Week one spotlights prevention and management of hypertension (high blood pressure). Weeks two through seven provide a variety of goal-oriented approaches to help manage the daily problems of diabetes. Topics include nutrition and carbohydrate counting, managing blood sugar, foot care, problem solving, and how to manage and prevent diabetes complications.

**Tuesdays, April 7 to May 19  
10 a.m. to 12:30 p.m.**

Keswick's Wise and Well Center  
700 W. 40th St., Baltimore  
To register, call **855-218-2435**.

### Living Well with Diabetes

A free workshop designed for people who have been diagnosed with high blood pressure (hypertension) and want to learn how to better manage their condition.

**Wednesdays, March 25 to April 29  
11:30 a.m. to 2 p.m.**

MedStar Harbor Hospital  
Outpatient Center Conference Room  
3001 S. Hanover St., Baltimore  
Please call **855-218-2435** to register.

### Living Well with Hypertension

A free workshop designed for people who have been diagnosed with high blood pressure (hypertension) and want to learn how to better manage their condition.

**Tuesday, April 7, 10 a.m. to 12:30 p.m.**

Keswick's Wise and Well Center  
700 W. 40th St., Baltimore  
To register, call **855-218-2435**.

### Life Balance/Weight Management

This one-year program is based on the National Diabetes Prevention Program. It's designed for individuals who are overweight and at risk to develop type 2 diabetes and those who have been diagnosed with pre-diabetes. With the help of a lifestyle coach, participants are supported in this journey toward making positive changes related to nutrition, exercise, problem solving, and coping skills.

**Thursdays, Jan. 30 to Dec. 10, 1 to 2 p.m.**

Keswick's Wise and Well Center  
700 W. 40th St., Baltimore  
To register, call **855-218-2435**.

**Fridays, March 6 to Aug. 7  
11:30 a.m. to 12:30 p.m.**

Shepherd's Clinic/Joy Wellness Center  
2800 Kirk Ave., Baltimore  
To register, call **410-467-7140, ext. 240**.

### Groove and Move Senior Fitness Class

This fun-filled class includes a lively, low-impact cardio session followed by strength training with bands and weights (optional) and stretching.

**Wednesdays, 9:15 to 10:30 a.m.**

Senior Network of North Baltimore  
5828 York Rd., Baltimore  
**Fee: \$25 for six months**  
Call **410-323-7131** to register.  
(Limited space.)

### Joy Yoga

Enjoy a fun-flowing class, accessible to all levels. Learn to move the breath and body in sync with yoga postures that help to calm the mind and stretch the body.

**Mondays, 11 a.m. to 12:15 p.m.**

Shepherd's Clinic/Joy Wellness Center  
2800 Kirk Ave., Baltimore  
To register, call **410-467-7140, ext. 240**.

### Gentle Yoga

A variety of yoga poses to increase strength, balance, and flexibility. The class ends with a wonderful meditation that soothes the mind and body. Be sure to bring your own mat, wear comfortable clothes, and bring water.

**Wednesdays, March 25 to May 13  
10:30 to 11:45 a.m.**

MedStar Good Samaritan Hospital  
Good Health Center A and B  
5601 Loch Raven Blvd., Baltimore  
Call **855-212-8202** to register.  
**Fee: \$65**

### Chair Yoga

A gentle yoga class designed to be practiced in the chair. Some benefits of chair yoga for older adults include improved flexibility, reduction of anxiety and stress, and enhanced strength and balance.

**Tuesdays, Feb. 4 to April 7, 11 a.m. to 12 p.m.**

Hampden Family Center  
1104 W. 36th St., Baltimore  
**Free**  
To register, call **855-218-2435**.

**Wednesdays, Feb. 5 to April 8  
10:30 to 11:30 a.m.**

Senior Network of North Baltimore  
5828 York Rd., Baltimore  
**Fee: \$25**  
Call to register **410-323-7131**.  
(Limited space.)

### Chair Exercise

A free, full workout...all in the chair. Class is designed for participants at any fitness level.

**Fridays, 10 to 11 a.m.**

St. Mary's Roland View Towers  
3939 Roland Ave., Baltimore  
To register, call **855-218-2435**.

### Regular Tai Chi

This ancient form of exercise can help lower blood pressure, ease stress, and improve sleep.

**Tuesdays, March 24 to May 12, 5 to 6 p.m.**

MedStar Good Samaritan Hospital  
Parker Center 3  
5601 Loch Raven Blvd., Baltimore  
Call **855-212-8202** to register.  
**Fee: \$35**

### Gentle Tai Chi

Smooth, gentle movements can help lower blood pressure, ease stress, and improve sleep.

**Tuesdays and Fridays,  
March 17 to April 10, 1:30 to 2:30 p.m.**

MedStar Good Samaritan Hospital  
Good Health Center A  
5601 Loch Raven Blvd., Baltimore  
Call **855-212-8202** to register.  
**Fee: \$35**

### Fitness for 50s

A free exercise class that can be done sitting or standing. Workout includes aerobics, strength training, and stretching.

**Tuesdays, 10 to 11 a.m.**

Hampden Family Center  
1104 W. 36th St., Baltimore  
To register, call **855-218-2435**.



### Advanced Senior Fitness

This fitness class is good for the body and good for the mind! This 75-minute workout includes low-impact aerobics, "on the floor" yoga, and meditation.

**Thursdays, 10 to 11:15 a.m.**

Senior Network of North Baltimore  
5828 York Rd., Baltimore  
**Fee: \$20 for 10 classes**  
Call **410-323-7131** to register.  
(Limited space.)

## MENTAL HEALTH SUPPORT

### NAMI Peer to Peer

Hosted by the National Alliance on Mental Illness (NAMI), this free, eight-session educational program is for adults with mental illness who are looking to better understand their condition and journey toward recovery. Taught by a trained team of people who've been there, the program includes presentations, discussions, and interactive exercises.

**Saturdays, Jan. 4 to Feb. 22  
10 a.m. to 12 p.m.**

MedStar Harbor Hospital  
Baum Conference Center, Room A  
3001 S. Hanover St., Baltimore  
Call **410-435-2600** to register.

### Mental Health First Aid

Mental Health First Aid is a public education program introducing the risk factors and warning signs of mental illness. Like first-aid classes, you will learn how to offer initial help in a mental health crisis, how to offer support to someone who appears to be in emotional distress, and how to connect a person to the appropriate help. Mental Health First Aid is for everyone. Certification will be issued to participants. Lunch will be provided.

**Monday, March 23, 8 a.m. to 5 p.m.**

MedStar Harbor Hospital  
Teleconference Room  
(Baum Conference Center)  
3001 S. Hanover St., Baltimore  
Call **410-435-2600** to register.

## WOMEN'S AND MATERNAL HEALTH

### Prenatal Breastfeeding

Taught by an internationally, board-certified lactation consultant and registered nurse. Mothers and their partners will learn the basics of breastfeeding their newborns, how to resolve common issues, and tips for returning back to work. Participants are encouraged to bring their partner or a guest. Snacks and refreshments will be provided. Classes are free.

**Tuesdays, Jan. 14, Feb. 4, March 3,  
March 31, and May 5  
6 to 8:30 p.m.**

MedStar Harbor Hospital  
3001 S. Hanover St., Baltimore  
To register, call **410-350-2563**.  
For questions, call **410-350-2234**.

### Prepared Childbirth Class

Taught by a registered nurse—who is also a certified childbirth educator—mothers-to-be and their support person will learn the basics of childbirth, comfort measures, and techniques to help cope with labor. A tour of the labor and delivery unit is included. Breaks are provided throughout the day.

**Sundays, Jan. 5, Feb. 2, March 1, April 5,  
and May 3  
9 a.m. to 5 p.m.**

MedStar Harbor Hospital  
3001 S. Hanover St., Baltimore  
To register, call **410-350-2563**.  
For questions, call **410-350-2234**.

### Super Sibling Class

This class is designed for children, ages 3 to 8, who are expecting a new baby in their family. Children will discover what to expect when their new brother or sister joins the family. The focus of the class is to help the child feel special and prepared. A tour of the labor and delivery unit is included. (One parent should be present with the child throughout the class).

**Tuesdays, Jan. 28, Feb. 18,  
March 17, April 21, and May 19  
5:30 to 7 p.m.**

MedStar Harbor Hospital  
3001 S. Hanover St., Baltimore  
To register, call **410-350-2563**.  
For questions, call **410-350-2234**.