



*Health Education Classes & Events Winter 2014-2015*

**Childbirth and Parenting**

**Baby Care and Beyond**

This interactive, fun and informative class answers your baby care questions and takes the mystery out of parenting. Practical skills like bathing and diapering combined with ways to enhance your baby's brain development makes this a "must-have" class for all parents.

It is recommended you attend this course during your last trimester of pregnancy and at least 2 weeks prior to your due date.

**Date & Time**

First Monday of the Month, 6:30 – 9 p.m.

Please call to confirm class schedules

**Location**

St. Mary's Hospital - Health Connections Classroom  
25500 Point Lookout Road  
Leonardtown, MD, 20650

**Registration**

Registration is required. Please call 301-475-6019

**Baby Basics w/Infant CPR and Child Passenger Safety – MedStar Washington Hospital Center**

Parents will learn how to care for their precious newborn by our registered nurse educator. Infant CPR is always taught by instructors that are certified by the American Heart Association. Child Passenger Safety is must. Statistics show that most babies are placed in car seats that have not been properly installed. A certified trainer will review the important points every parent should know about how to keep their infant safe.

**Date & Time**

Please call for class schedules

**Location**

MedStar Washington Hospital Center - Parent Services  
110 Irving St., NW, Room 5B-31  
Washington, DC 20010

**Registration**

Early registration is encouraged. Class size is limited to ensure optimum interaction with instructors. To register, call (202) 877-6161.

**Baby Basics at MedStar Washington**

This class is designed to help parents provide basic baby care. Class topics include bathing and grooming, diapering, bottle preparation, methods for consoling a crying baby, medical emergencies, methods for checking your baby's temperature, infant passenger seat safety and infant CPR.

**Date & Time**

Fourth Sunday of the Month, 10:00 a.m. – 12 p.m.

Please call to confirm class schedules

**Location**

MedStar Washington Hospital Center - Parent Services  
110 Irving St., NW  
Washington, DC 20010

**Registration**

Early registration is encouraged. Class size is limited to ensure optimum interaction with instructors. To register, call (202) 877-6161.

**Baby Care and Infant CPR Class – 1 Day – MedStar Georgetown University Hospital**

Learn about newborn care, growth and development, adaptations and hands on doll practice. Learn to understand when your baby is doing well and when he/she needs help. Infant CPR skills – birth to 1 year – are taught by a Certified American Heart Association CPR Instructor.

**Date & Time**

Please call for class schedules

**Location**

MedStar Georgetown University Hospital - Pasquerilla Healthcare Center (PHC)  
3800 Reservoir Rd., NW  
Washington, DC 20007

**Registration**

Registration required. Please call MedStar Georgetown M.D. at 202-342-2400. Maximum: 10 Couples

**Big Brother/Sister Program**

The Big Brother/Sister class helps to introduce siblings to life with a new baby including their role and importance when the baby arrives. The class includes age specific baby care and a tour of the Maternal Newborn Center so big brothers and sisters will know what to expect when Mom is in the hospital. The class is appropriate for siblings aged 5-10 years. Parents are encouraged to stay for the course with their child.

**Date & Time**

Please call for class schedules

**Location**

MedStar Montgomery Medical Center  
18101 Prince Philip Drive  
Olney, MD, 20832

**Registration**

Registration is required. Please call 301-774-8881.

**Birthplace Tour – MedStar Harbor Hospital**

See our facility and learn more about the Women's and Infants' program at Harbor Hospital. Registration is required.

**Date & Time**

Please call for class schedules

**Location**

MedStar Harbor Hospital  
3001 South Hanover Street  
Baltimore, MD, 21225

**Registration**

Call 410-350-2563.

**Breastfeeding – MedStar Washington Hospital Center**

A certified lactation consultant will help prepare you for a successful breast-feeding experience. This class covers a variety of topics including the milk-production process, breast-feeding techniques, pumps, nutrition for the breast-feeding mother and tips for involving Dad in breast-feeding

**Date & Time**

Fourth Sunday of the Month, 2 – 4 p.m.

Please call to confirm class schedules

Please call to confirm class schedules

**Location**

MedStar Washington Hospital Center - Parent Services  
110 Irving St., NW, Room 5B-31  
Washington, DC 20010

**Registration**

Early registration is encouraged. Class size is limited to ensure optimum interaction with instructors. To register, call (202) 877-6161.

**Breastfeeding Basics – MedStar Montgomery Medical Center**

This course is designed to offer advice and support for breastfeeding mothers. A lactation specialist will discuss topics on the health-related benefits of breast-feeding, practical techniques, and breast-feeding at work.

**Date & Time**

Please call for class schedules

**Location**

MedStar Montgomery Medical Center  
18101 Prince Philip Drive  
Olney, MD, 20832

**Registration**

Registration is required. Please call 301-774-8881.

**Breastfeeding Basics – MedStar St. Mary’s Hospital**

Learn the fundamentals of breastfeeding.

It is recommended you attend this course during your last trimester of pregnancy and at least 2 weeks prior to your due date.

**Date & Time**

Please call for class schedules

**Location**

St. Mary's Hospital - Health Connections Classroom  
25500 Point Lookout Road  
Leonardtown, MD, 20650

**Registration**

Registration is required. Please call 301-475-6019

**Breastfeeding Basics Class - MedStar Harbor Hospital**

This class introduces the expectant family to a natural way of nourishing a baby, including prenatal preparation, proper positioning and tips to make the most of the challenging early days of breastfeeding.

**Date & Time**

First Tuesday of the Month, 6:30 – 9 p.m.

Please call for additional class schedules

**Location**

MedStar Harbor Hospital  
3001 South Hanover Street  
Baltimore, MD, 21225

**Registration**

Call 410-350-2563

**Breastfeeding Moms at MedStar St. Mary's**

If you are a new mom who could use the support of other mothers, attend this free support group facilitated by lactation consultants.

**Date & Time**

Please call for class schedules

**Location**

MedStar St. Mary's Hospital - Health Connections Classroom  
25500 Point Lookout Road  
Leonardtown, MD, 20650

**Registration**

Registration is required. Please call 301-475-6019

**Childbirth Class – MedStar St. Mary's Hospital**

Traditional class covers labor, delivery and beyond.

Other Options:

*Web-based option:* Childbirth classes for parents-to-be who cannot attend our traditional classes or for couples looking for a refresher course. This easy to use web-based class shows real life examples of the labor and birth process.

*DVD series:* "The Gift of Motherhood" DVD series features information on understanding pregnancy, labor and delivery, comfort measures, medical terms and Cesarean-section birth. The course includes a rental of the DVD and a prepared childbirth book to keep.

**Date & Time**

Please call for class schedules

**Location**

MedStar St. Mary's Hospital - Health Connections Classroom  
25500 Point Lookout Road  
Leonardtown, MD, 20650

**Registration**

Registration is required. Please call 301-475-6019

**Childbirth Education Classes – MedStar Washington Hospital Center**

MedStar Washington Hospital Center offers classes to meet the ever-changing needs of your family. Our parent education office provides fast and courteous assistance with class registration. Free parking and refreshments are provided for all class participants.

**Date & Time**

Please call for class schedules

**Location**

MedStar Washington Hospital Center - Parent Services

110 Irving St., NW, Room  
Washington, DC 20010

**Registration**

Early registration is encouraged. Class size is limited to ensure optimum interaction with instructors.  
To register, call (202) 877-6161.

**Childbirth Express – MedStar Montgomery Medical Center**

This condensed version will prepare couples for their labor and birth experience. Class is presented in lecture/video format. To enhance what you learn, hands-on instruction available by taking the Lamaze Techniques class. Hospital tour included.

**Date & Time**

Please call for class schedules

**Location**

MedStar Montgomery Medical Center  
18101 Prince Philip Drive  
Olney, MD, 20832

**Registration**

Registration is required. Please call 301-774-8881.

**Complete Childbirth Preparation**

Our six-week Complete Childbirth Preparation program prepares couples for a positive birthing experience. The program is designed to help expectant couples plan for labor, delivery, and how to care for a newborn. It includes sessions on breastfeeding and infant care as well as the birthing process and a tour of the Labor & Delivery Unit.

Topics covered include: breathing and relaxation techniques, signs of labor, pain intervention, recovery, and what to expect postpartum.

You will need a 75 cm exercise ball, two pillows and a floor mat. Couples should plan to attend a class that begins early in the third trimester.

**Date & Time**

Please call for class schedules

**Location**

MedStar Montgomery Medical Center  
18101 Prince Philip Drive  
Olney, MD, 20832

**Registration**

Registration is required. Please call 301-774-8881.

**Fatherhood Matters**

Taught by veteran fathers for expectant fathers, this free class addresses adjustment issues and concerns relating to family relationships, parenting, and sexuality.  
Scheduled based on interest.

**Date & Time**

Please call for class schedules

**Location**

MedStar Washington Hospital Center - Parent Services  
110 Irving St., NW, Room 5B-31  
Washington, DC 20010

**Registration**

Early registration is encouraged. Class size is limited to ensure optimum interaction with instructors. To register, call (202) 877-6161.

**Infant Care**

This Class is designed to give a complete head-to-toe look at how to care for your little one and provide you with hands-on experience.

Topics include bathing, feeding, diapering, safety issues, and much more.

**Date & Time**

Please call for class schedules

**Location**

MedStar Montgomery Medical Center  
18101 Prince Philip Drive  
Olney, MD, 20832

**Registration**

Registration is required. Please call 301-774-8881.

**Infant Care and Safety – MedStar Harbor Hospital**

The class provides information and promotes understanding of newborn characteristics, behavior and an overview of car and home safety. Registration is required.

**Date & Time**

Please call for class schedules

**Location**

MedStar Harbor Hospital  
3001 South Hanover Street  
Baltimore, MD, 21225

**Registration**

Call 410-350-2563.

**Infant CPR**

Learn lifesaving CPR techniques and actions to help a choking infant.

**Date & Time**

Please call for class schedules

**Location**

St. Mary's Hospital - Health Connections Classroom  
25500 Point Lookout Road  
Leonardtown, MD, 20650

**Registration**

Registration is required. Please call 301-475-6019

**Lamaze Techniques**

This program will explore ways women can find comfort during labor and birth. You will learn about breathing patterns, position changes, relaxation techniques, and massage. Both you and your partner will learn strategies that will enhance the progress of labor.

You will need a 75 cm exercise ball, two pillows and a floor mat. All classes taught by a Lamaze Certified Childbirth Educator.

(Note: This class will complement any childbirth class. You must have completed your childbirth class prior to this class.)

**Date & Time**

Please call for class schedules

**Location**

MedStar Montgomery Medical Center  
18101 Prince Philip Drive  
Olney, MD, 20832

**Registration**

Registration is required. Please call 301-774-8881.

**Mommy and Me Club**

A program of education and support for new mothers and their babies. Discuss with a Registered Nurse the practical changes that occur after a new baby arrives. This is a four week class.

Topics include adapting to your new role, breastfeeding/feeding issues, infant development, how to calm a fussy baby and get more sleep to name a few.

**Date & Time**

Please call for class schedules

**Location**

MedStar Montgomery Medical Center  
18101 Prince Philip Drive  
Olney, MD, 20832

**Registration**

Registration is required. Please call 301-774-8881.

**Prenatal Yoga**

The practice of yoga can help your body and speed your recovery after childbirth. You may begin the class after completing the first trimester of pregnancy. Permission from your healthcare provider is required. You may mail participant registration and release forms and send fee after your physician clears you. Bring two pillows and a blanket to class.



**Date & Time**

Please call for class schedules

**Location**

St. Mary's Hospital - Health Connections Classroom  
25500 Point Lookout Road  
Leonardtown, MD, 20650

**Registration**

Registration is required. Please call 301-475-6019

**OB TLC Birthplace Tours – MedStar Franklin Square Medical Center**

Are you planning to have a baby soon? Take a free tour of the Birthplace at Franklin Square and learn what we have to offer you, your family, and your baby-to-be during one of the most precious times in your life. Each private, spacious room includes beautiful hardwood floors, pretty wall paper, a TV, VCR, stereo system, state-of-the-art birthing facility, and more.

**Date & Time**

Please call for class schedules

**Location**

MedStar Franklin Square Medical Center - Women's Pavilion  
9000 Franklin Square Drive  
Baltimore, MD, 21237

**Registration**

To register or if class is full, call 1-888-74-OB TLC.

**OB TLC Infant and Child CPR and Choking Class – MedStar Franklin Square Medical Center**

This class prepares parents, daycare providers and loved ones to act in an emergency situation. This National Safety Council class meets the state requirements for daycare providers. We offer the National Safety Council Infant and Child CPR course for ages 1yr - 8yr, which meet Maryland State requirements for daycare providers. If you have a child over the age of 8, you are required to take an Adult CPR course.

**Date & Time**

Please call for class schedules

**Location**

MedStar Franklin Square Medical Center - Crawford Conference Center  
9000 Franklin Square Drive  
Baltimore, MD, 21237

**Registration**

To register or if class is full, call 1-888-74-OB TLC.

**OB TLC Infant Care and Safety Class – MedStar Franklin Square Medical Center**

Learn basic infant care and safety measures. This class is designed for expectant parents, new parents, grandparents and babysitters.

**Date & Time**

Please call for class schedules

**Location**

MedStar Franklin Square Medical Center - Crawford Conference Center  
9000 Franklin Square Drive  
Baltimore, MD, 21237

**Registration**

To register or if class is full, call 1-888-74-OB TLC.

**OB TLC Prepared Childbirth 4 week Series – MedStar Franklin Square Medical Center**

Prepare for childbirth by attending a four week class for expectant couples. Participants discover birth options and pain management choices and learn what happens to the body and the baby during the final phases of pregnancy. Couples will be taught the importance of the birth partner, labor-coping techniques (breathing, relaxation, focusing and positioning) to help deal with labor and facilitate birth. Classes are taught by Certified Childbirth Educators.

**Date & Time**

Please call for class schedules

**Location**

MedStar Franklin Square Medical Center - Crawford Conference Center  
9000 Franklin Square Drive  
Baltimore, MD, 21237

**Registration**

To register or if class is full, call 1-888-74-OB TLC.

**Prepared Childbirth Class – MedStar Washington Hospital Center**

This comprehensive series of classes is designed to help prepare you and your coach for childbirth. Topics include labor signs and symptoms, relaxation and breathing techniques, epidurals, pain management, maternity services tour and a labor rehearsal. A certified massage therapist will demonstrate modalities to increase relaxation during labor and beyond. The therapist teaches each support person massage techniques that they can use to help mom cope with labor.

**Date & Time**

Please call for class schedules

**Location**

MedStar Washington Hospital Center - Parent Services  
110 Irving St., NW, Room 5B-31  
Washington, DC 20010

**Registration**

Early registration is encouraged. Class size is limited to ensure optimum interaction with instructors. To register, call (202) 877-6161.

**Safe Sitter**

St. Mary's Hospital offers this program to teach adolescents ages 12 to 14 years old common sense babysitting tips, basic first aid and care for a choking child. Call early to register for this popular class.

**Date & Time**

Please call for class schedules

**Location**

St. Mary's Hospital - Health Connections Classroom  
25500 Point Lookout Road  
Leonardtown, MD, 20650

**Registration**

Registration is required. Please call 301-475-6019

**Women's Health & Family Birthing Center Tours**

Come tour our Women's Health & Family Birthing Center.  
Meet in the front lobby of the hospital.

**Date & Time**

Please call for class schedules

**Location**

St. Mary's Hospital – Front Lobby of the hospital  
25500 Point Lookout Road  
Leonardtown, MD, 20650

**Registration**

Registration is required. Please call 301-475-6019

**Women and Newborn's Center Tour**

Come and enjoy a tour of the Women and Newborns Center. Your guide will escort you and your guests to view Labor & Delivery, the three nurseries- Admission Nursery, Regular Newborn Nursery, and the Neonatal Intensive Care Unit, as well as the Mother-Baby Coupling Units. As your guide provides you with information about the admission process, visiting hours, rooming-in, and available services, please feel free to ask any questions you and your family may have.

The tours are held the second and fourth Thursdays of every month at 6:15 P.M. and 7:15 P.M. We also hold a tour one Saturday a month at 4 P.M. The tours are free.

**Date & Time**

Please call to confirm class schedules

**Location**

MedStar Southern Maryland Hospital Center  
7503 Surratts Road  
Clinton, Maryland 20735

**Registration**

Registration is required and we recommend that you contact us **by e-mail**, or by phone (301) 877-5740 around your 24th week.

### **Weekly Prenatal Childbirth - Four-Part Class**

Through film, lecture, question & answer, and hands-on opportunities, our classes provide the expectant mother and her partner important information on the labor and birth process. Topics include basic anatomy and physiology, the labor process, vaginal delivery, cesarean section, and birth interventions such as induction of labor, vacuum assisted delivery, and episiotomy. We review specific steps to take if your water breaks, what to do when you start to contract, and when to call your doctor.

You and your partner will have opportunities to practice natural comfort measures including breathing techniques, massage therapy, and use of the birthing ball as well as, discussion of pain control options such as epidural anesthesia and IV/IM medications. This class will help prepare you for a positive birth experience.

**This class is part 1 of 4. Contact us below for scheduled dates of other classes and to register.**

#### **Date & Time**

Please call for class schedules

#### **Location**

MedStar Southern Maryland Hospital Center Library  
7503 Surratts Road  
Clinton, Maryland 20735

#### **Registration**

Registration is required and we recommend that you contact us **by e-mail** or phone, **(301) 877-5740**, at the beginning of your second trimester.

### **Saturday Prenatal Childbirth Class**

Through film, lecture, question & answer, and hands-on opportunities, our classes provide the expectant mother and her partner important information on the labor and birth process. Topics include basic anatomy and physiology, the labor process, vaginal delivery, cesarean section, and birth interventions such as induction of labor, vacuum assisted delivery, and episiotomy. We review specific steps to take if your water breaks, what to do when you start to contract, and when to call your doctor.

You and your partner will have opportunities to practice natural comfort measures including breathing techniques, massage therapy, and use of the birthing ball as well as, discussion of pain control options such as epidural anesthesia and IV/IM medications. This class will help prepare you for a positive birth experience.

The class is offered two ways: A one-time, all day Saturday class from 9 A.M. to 4 P.M. or a 4 day series, meeting once a week for 4 weeks from 7 P.M. to 9:15 P.M.

#### **Date & Time**

Please call for class schedules

#### **Location**

MedStar Southern Maryland Hospital Center Library  
7503 Surratts Road  
Clinton, Maryland 20735

**Registration**

Registration is required and we recommend that you contact us **by e-mail** or phone, (301) 877-5740, at the beginning of your second trimester.

**Breastfeeding is Best Class**

According to the American Academy of Pediatrics, breastfeeding exclusively for the first six months gives babies the best possible nutrition. Our instructor will explain breastfeeding's benefits, demonstrate various feeding positions, give tips on pumping and storing breast milk, talk about challenges you may encounter, and provide information about available community support and resources. Expectant moms and their partners are both encouraged to attend.

This class is offered one Saturday a month from 12:00pm to 4:00pm in the hospital library.

**Date & Time**

Please call for class schedules

**Location**

MedStar Southern Maryland Hospital Center Library  
7503 Surratts Road  
Clinton, Maryland 20735

**Registration**

Please email [childbirthclass@southernmarylandhospital.com](mailto:childbirthclass@southernmarylandhospital.com) or call (301) 877-5740 to register around your 24th week of pregnancy.

**Community Seminars and Events****Healthy Hearts**

Join Kerry Martinez, cardiovascular educator for the MedStar Health Heart Network, as she discusses the basics of heart health, including risk factors, warning signs and ways to prevent heart disease.

**Date & Time**

*Please call for class schedules*

**Location**

MedStar Harbor Hospital  
3001 South Hanover Street  
Baltimore, MD, 21225

**Registration**

To register call 410-350-2563.

**Stop Smoking Today**

INCREASE YOUR MOTIVATION TO QUIT - A THREE-STEP APPROACH

Many smokers have tried to break the habit several times without success. If this describes you and you are ready to quit for good, Franklin Square Hospital's Stop Smoking Today may be exactly what you have been looking for. Our program is designed to provide highly motivated individuals with the boost they need to stop smoking using a three-step approach that includes AcuPRESSure Shiatsu, Enhanced Breathing, Deep Relaxation with Guided Imagery, and Behavioral Modification.

**Date & Time**

Please call for class schedules

**Location**

MedStar Franklin Square Medical Center – Family Health Center  
9000 Franklin Square Drive  
Baltimore, MD, 21237

**Registration**

To register or if class is full, call 443-777-7900.

## Cancer Care

**Breast Health**

Knowledge about breast health is so important in the effort to prevent and treat breast cancer. Join Tori Lijewski, breast cancer educator at MedStar Harbor Hospital, to learn about all aspects of breast health, advances in technology and what to do if you or a loved one suspects a breast problem.

**Date & Time**

*Please call for class schedules*

**Location**

MedStar Harbor Hospital  
3001 South Hanover Street  
Baltimore, MD, 21225

**Registration**

To register call 410-350-2563.

**Oncology Nutrition Class**

Learn vital tips from our oncology dietitian on maintaining a healthy diet, weight management and strategies for dealing with cancer treatment side effects.

**Date & Time**

Fourth Wednesday of every month, 11 a.m. – 12 p.m.

*Please call to confirm class schedules*

**Location**

MedStar Union Memorial Hospital - Johnston Meeting Room

201 E. University Parkway

Baltimore, MD, 21218

**Registration**

Call 410-554-6590 to register.

## Diabetes Education

**Diabetes Discussion Group – MedStar Harbor Hospital**

Learn ways to manage your diabetes with ease. Feel free to bring a snack or lunch.

**Date & Time**

Please call for class schedules

**Location**

MedStar Harbor Hospital

3001 South Hanover Street

Baltimore, MD, 21225

**Registration**

To register or call to confirm your attendance, 410-350-2555.

**Diabetes Lunch Learn and Support – MedStar Franklin Square Medical Center**

Held on the third Wednesday of this month, this group provides an informal opportunity to hear information and learn about diabetes. Lunch is provided free to the first 15 persons. The group is open to persons with diabetes and their support persons. Enter through visitor entrance and look at monitor for room location.

**Date & Time**

*Please call for additional class schedules*

**Location**

MedStar Franklin Square Medical Center - Crawford Conference Center

9000 Franklin Square Drive

Baltimore, MD, 21237

**Registration**

To register call 443-777-7900.

### **Diabetes Support Group**

Diabetes Support Group is a monthly group meeting for people with diabetes, pre-diabetes, or other risk factors for diabetes, and their friends and family members. The meeting typically focuses on a different diabetes-related topic each month, often hosting a guest speaker, and is a nice venue to connect with and network with others.

Diabetes Self-Management Education Program teaches individuals with diabetes how to manage their diabetes. A physician order is necessary for enrollment, and a one-on-one appointment with a Certified Diabetes Educator is scheduled prior to attending class sessions. The DSME Program hosts a free Annual Diabetes Expo every November.

### **Date & Time**

Please call for class schedules

### **Location**

MedStar Southern Maryland Hospital Center Library  
7503 Surratts Road  
Clinton, Maryland 20735

### **Registration**

RSVP Required. Please call 301-877-5560.

Diabetes Support Group is free of charge. Light refreshments will be provided.

### **Prevent Diabetes Workshop at MedStar St. Mary's**

Do you have any risk factors for diabetes (family history, overweight, sedentary lifestyle) or have you even been told you have pre-diabetes or "borderline" diabetes? Attend this 2-hour workshop taught by certified diabetes educators, a dietitian and a nurse, and learn how small changes can help you prevent or delay the onset of Type 2 diabetes.

### **Date & Time**

Please call to confirm class schedules

### **Location**

MedStar St. Mary's Hospital - Health Connections Classroom  
25500 Point Lookout Road  
Leonardtown, MD, 20650

### **Registration**

Registration is required. Please call 301-475-6019

### **Seven Healthy Habits of People with Diabetes at MedStar St. Mary's**

Have diabetes? Feel overwhelmed? What if you could learn a bit about each of the seven self-care behaviors, then work on one at a time? Join a certified diabetes educator and learn how you can manage diabetes, one healthy step at a time. Caregivers and family members welcome.



**Date & Time**

Please call to confirm class schedules

**Location**

St. Mary's County Public Library - Lexington Park  
21677 FDR Boulevard  
Lexington Park Maryland 20653

**Registration**

Registration is required. Please call 301-475-6019

**Pre-Diabetes Group Class at MedStar Montgomery**

Learn more about pre-diabetes and how to prevent the onset of type 2 diabetes from a certified diabetes educator.

**Date & Time**

Please call to confirm class schedules

**Location**

MedStar Montgomery Medical Center  
18101 Prince Philip Drive  
Olney, MD, 20832

**Registration**

Registration is required. Please call 301-774-8881.

**Diabetes Self-Management Education at MedStar Montgomery**

A two-week class series to help you self-manage diabetes on a daily basis. Staffed by both a certified diabetes educator nurse and certified diabetes educator dietitian. This series will help you learn how to better manage your diabetes with tips on self-care, healthy eating and being active.

**Date & Time**

Please call to confirm class schedules

**Location**

MedStar Montgomery Medical Center  
18101 Prince Philip Drive  
Olney, MD, 20832

**Registration**

Registration is required. Please call 301-774-8881.

**Diabetes Education Class at MedStar Georgetown**

A group class providing education and support for Diabetic patients. This class has two parts, with morning and early evening options. Topics include: background information on diabetes, medications, nutrition and diet; lifestyle modification, meters and testing.

### **Date & Time**

Please call to confirm class schedules

### **Location**

MedStar Georgetown University Hospital  
Pasquerilla Healthcare Center (PHC), Conference Room, Third Floor  
3800 Reservoir Rd., NW  
Washington, DC 20007

### **Registration**

Registration is required. Please contact Melissa Bates at **202-444-0856** or Ashley Jacoby at **202-444-5528**. Classes will be taught in 6 PHC's Internal Medicine Conference Room.

### **Diabetes Education Classes sponsored by the African American Health Program of the Montgomery County Department of Health and Human Services**

For residents of Montgomery County. The classes are taught by dietitians and nurses and cover the American Association of Diabetes Educators 7 Self- Care Behaviors, focusing on healthy eating, physical activity, monitoring blood sugar and medications.

Date & Time: Please call for schedule or visit website: <http://www.onehealthylife.org>

Location: Classes are held at the Gaithersburg and White Oak Public Libraries. Please call for the schedule or visit website: <http://www.onehealthylife.org>

Registration: Registration is required. Call Diane at 240-773-0387

### **Diabetes Education through Home Care Nurse Visits:**

A Home Care Nurse will visit your home to provide Diabetes Self-Management Education on:

- What is Diabetes
- Healthy Eating
- Medications
- Blood Glucose Monitoring
- High and Low Blood Glucose
- Foot Care
- When to call your Doctor

Date & Time: To be arranged

Location: At your home

Registration: Ask your doctor to call Preferred Home Care at (410) 248-9800; All About Home Care at 443-460-2120; or MedStar Health VNA at 800-862-2166. A home care nurse will call you to schedule a visit for diabetes education.

**“Diabetes and Healthy Eating” Journey for Control classes provided by Merck**

Learn how to manage your diabetes in a fun, interactive group session. Understand the link between healthy eating and blood sugar. Learn to recognize and correct high and low blood sugar levels and much more.

Date & Time: Please call for class schedule

Location: Please call for locations near you

Registration: Registration is required. Please call 1-877-532-4545.

**Diabetes Self-Management Education at MedStar Health at Mitchellville**

MedStar Health at Mitchellville partners with our patients to provide the skills and education to successfully manage diabetes including:

- healthy eating
- monitoring your diabetes control
- taking medications
- being active
- reducing risks
- coping skills

Date & Time: Please call for schedule

Location:

MedStar Health at Mitchellville

12158 Central Ave

Mitchellville, MD 20721

Registration: Registration is required. Please call 301-430-2700. Note: You will need a referral.

## Exercise and Nutrition

### **Bariatric Information Session**

This is a mandatory education seminar for all interested in having/learning about the different options for bariatric surgery. Come explore the options and get the information you need to determine if you are a candidate for bariatric surgery. Presentations on topics such as diet, nutrition and behavior modifications are provided by the bariatric team. Dr. You will be on hand to discuss procedures and to answer all your questions. Support members are invited as well.

### **Date & Time**

Please call for class schedules

### **Location**

MedStar Franklin Square Medical Center - Crawford Conference Center  
9000 Franklin Square Drive  
Baltimore, MD, 21237

### **Registration**

To register call the Bariatric Coordinator at 443-777-8280.

### **Chair Exercise Class**

Co-sponsored by Action in Maturity.

Our Gentler - or Chair - Yoga classes incorporate all the components of traditional yoga, but give participants the comfort of sitting in a chair or holding onto one. These hour-long classes are designed to help ease pain and increase flexibility for those with arthritis, fibromyalgia and more.

### **Date & Time**

Every Friday, 10 a.m. – 11 a.m. *(Please call to confirm class schedules)*

### **Location**

Action in Maturity  
3939 Roland Ave  
Baltimore, MD, 21211

### **Registration**

Call 410-444-4793 to register.

## Orthopedic Health

### **Back and Neck Pain – MedStar Montgomery Medical Center**

Come learn a short overview of the spine, common causes of spine pain and solutions to this pain.

#### **Date & Time**

*Please call for class schedules*

#### **Location**

MedStar Montgomery Medical Center

18101 Prince Philip Drive

Olney, MD, 20832

#### **Registration**

Registration is required. Please call 301-774-8881.

### **Back and Neck Pain Seminar – MedStar Union Memorial Sports Medicine**

Eight out of 10 people will experience back pain at some point in their lives. Join our orthopedic nurse for this free back pain seminar. Get answers to questions about your back problems, treatment options and referrals to specialists.

#### **Date & Time**

*Please call for class schedules*

#### **Location**

MedStar Union Memorial Hospital - Hand Center Teleconference Room

201 E. University Parkway

Baltimore, MD, 21218

#### **Registration**

Call 410-554-2266 to register.

### **Navigating Arthritis**

Is your arthritis pain affecting your sunny disposition or quality of life? Does the pain keep you awake at night? Has your doctor recommended hip or knee replacement for relief? We can help.

Learn your full spectrum of options for advanced, effective expert treatment.

Best-bet tips for managing arthritis, coping with your pain and living a more active lifestyle.

The latest surgical and non-surgical arthritis treatment options.

The innovative JointExperience program, exclusively at Good Samaritan Hospital.

#### **Date & Time**

*Please call for class schedules*

#### **Location**

MedStar Good Samaritan Hospital - Good Health Center  
5601 Loch Raven Blvd  
Baltimore, MD, 21239

**Registration**

Call 443-444-4100.

## Screenings

### **Prostate Cancer Screening**

MedStar Harbor Hospital is offering a FREE prostate screening to men ages 45 or older. Join MedStar Harbor Primary Care's expert physicians for a prostate cancer screening that could save your life. Don't wait: space is limited and screenings are held by appointment only.

#### **Date & Time**

*Please call for class schedules*

#### **Location**

MedStar Harbor Hospital - Harbor Primary Care, Gruehn Building -Suite # 300  
3001 South Hanover Street  
Baltimore, MD, 21225

#### **Registration**

To register or to schedule an appointment, call 410-350-2563.

## Support Groups

### **Alzheimer's Caregivers Support Group**

Ongoing monthly support group for family and friends who are or will be caregivers for a loved one diagnosed with Alzheimer's. Education topic will be presented at each meeting.

#### **Date & Time**

Second Monday of every month, 7 – 8:30 p.m. (Please call to confirm class schedules)

#### **Location**

MedStar Franklin Square Medical Center – Crawford Conference Center  
9000 Franklin Square Drive  
Baltimore, MD, 21237

#### **Registration**

To register call 443-777-7900.

**Alzheimer's Support Group**

The Alzheimer's support group is designed for caregivers. The group provides a place where caregivers can meet other caregivers going through similar experiences and can gain support and friendship.

**Date & Time**

Takes place on the 2nd Thursday of each month. *(Please call to confirm class schedules)*

**Location**

MedStar Southern Maryland Hospital Center Library  
7503 Surratts Road  
Clinton, Maryland 20735

**Registration**

Registration is required and we recommend you contact us by email or phone, call 301-877-5560.

**Amputee Support Group**

This support group features lively and engaging conversations relevant to those coping with amputation, and their loved ones.

Please note: If the Baltimore County schools are closed due to bad weather, the support group meeting is cancelled.

**Date & Time**

Held on the fourth Wednesday of each month, 6:30 – 8 p.m.  
Please call for class schedules

**Location**

MedStar Good Samaritan Hospital - Good Health Center  
5601 Loch Raven Blvd  
Baltimore, MD, 21239

**Registration**

Call 443-444-4100.

**Arm-in-Arm Breast Cancer Support Group (Ongoing)**

Open to breast cancer survivors, those newly diagnosed, and their families.

**Date & Time**

Third Tuesday of every month, 7 p.m. *(Please call to confirm class schedules)*

**Location**

MedStar Harbor Hospital - Cancer Center  
3001 South Hanover Street  
Baltimore, MD, 21225

**Registration**

Call 410-987-4316.

**Bariatric Support Group**

Topic: Labels and Calories...Oh My!

This is for people who've had or are planning to have bariatric surgery. They will receive first hand information about bariatric surgery and learning from the experiences of others. Spouses, family members and friends are always welcome. Guest speakers are often invited to provide information on topics of nutrition, supplements, exercise and behavior modification. The meetings are conducted in a comfortable and informal manner with time for questions and open discussions.

**Date & Time**

Second Tuesday of Month *(Please call to confirm class schedules)*

**Location**

MedStar Franklin Square Medical Center – Crawford Conference Center  
9000 Franklin Square Drive  
Baltimore, MD, 21237

**Registration**

To register call the Bariatric Coordinator - 443-777-8280.

**Diabetes Support Group – MedStar Good Samaritan Hospital**

Support groups give people living with diabetes the chance to solve problems, and share feelings, insights and experiences. They are open to anyone, including loved ones. This peer group meets once a month. Members receive a free, monthly newsletter. Registration is required.

**Date & Time**

Third Monday of each month, 2:30 – 4 p.m. *(Please call to confirm class schedules)*

**Location**

MedStar Good Samaritan Hospital - Good Health Center  
5601 Loch Raven Blvd  
Baltimore, MD, 21239

**Registration**

Call 443-444-4100.

**Grief and Loss Support Group**

This is a support group for those dealing with the death of a loved one. Losing a mother, father, sibling, spouse or friend can be overwhelming. This group will assist you in understanding the journey of grief and that you are not alone.

**Date & Time**

Held of the fourth Tuesday of each month, 6:30 – 8 p.m. *(Please call to confirm class schedules)*

**Location**

MedStar Franklin Square Medical Center – Crawford Conference Center  
9000 Franklin Square Drive  
Baltimore, MD, 21237

**Registration**

To register call 443-777-7657.



**Nicotine Anonymous**

Ongoing series held every Monday, dedicated to offering support, education and encouragement to those trying to quit smoking.

**Date & Time**

Every Monday, 6:30 – 8 p.m. *(Please call to confirm class schedules)*

**Location**

MedStar Good Samaritan Hospital - Good Health Center  
5601 Loch Raven Blvd  
Baltimore, MD, 21239

**Registration**

No registration is required.

**Osteoporosis Support Group**

Helps people cope with the pain of Osteoporosis by sharing experiences and solving problems. Family members and caregivers are invited to attend and learn about medications, how to get past the limitations of osteoporosis, and sort through the myriad of new information published about this disease that affects millions.

**Date & Time**

Held monthly on Thursday – 10:30 a.m. – 12 p.m.

*Please call to confirm class schedules*

**Location**

MedStar Good Samaritan Hospital - Good Health Center  
5601 Loch Raven Blvd  
Baltimore, MD, 21239

**Registration**

Call 443-444-4100.

**Type 1 Diabetes Support Group**

Topic: Pump and CGM Fair

This free program is designed to help you live successfully with type 1 diabetes. Learn practical tips, share ideas and talk with others facing similar experiences. Light refreshments will be served.

**Date & Time**

Please call for class schedules

**Location**

MedStar Union Memorial Hospital - Auxiliary Classroom  
201 E. University Parkway  
Baltimore, MD, 21218

**Registration**

Call 410-554-2266 to register.

**Stop Smoking Support Group**

This free Stop Smoking Support Group is designed to help those who have stopped smoking and need extra encouragement.

**Date & Time**

Please call for class schedules

**Location**

MedStar Franklin Square Medical Center – Family Health Center  
9000 Franklin Square Drive  
Baltimore, MD, 21237

**Registration**

Call 443-777-7900.