



Health Education Classes & Events Spring Summer Fall-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

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 p.m. – 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-OBTLIC.

OBTLIC 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-OBTLIC.

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 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.

Harford County Health Department

TOBACCO CESSATION CLASSES OFFERED

July - September 2015

MONDAY EVENINGS

Harford County Health Dept.- Conference Room Sessions: July 20, 27, Aug 3, 10, 17, 24
1321 Woodbridge Station Way TIME: 6:00 – 7:30 p.m.
Edgewood, MD. 21040 There are 6 sessions to this class.

WEDNESDAY AFTERNOONS

Inner County Outreach - Conference Room Sessions: July 1, 8, 15, 22, 29 Aug 5
29 Edmund St. TIME: 2:00 – 3:30 p.m.
Aberdeen, MD. 21001 There are 6 sessions to this class.

THURSDAY EVENINGS

**Harford County Health Dept. & Univ. of Md. Upper Chesapeake
Medical Center, Patricia D.& M. Scot Kaufman Cancer Center**

CALL EITHER 410-612-1781 OR 443-643-3350

TO REGISTER FOR THIS CLASS ONLY

**Streett Conference Room Sessions: Aug. 20, 27, Sept. 3,
Kaufman Cancer Center 10, 17, 24, Oct. 1 ending Oct. 8th
500 Upper Chesapeake Drive TIME: 6:00 – 7:00 p.m.
Bel Air, MD. 21014 NOTE: This is an 8 week class.**

The Harford County Health Department offers these tobacco cessation classes at no cost to all tobacco users who want to quit. We request pre-registration for all classes. Nicotine patches, lozenges or gum may be available at no cost to those who qualify.

For further information or to register, please call (410) 612-1781 weekdays between the hours of 8 a.m. and 4:30 p.m.

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.

How Sweet It Is: Diabetes Prevention and Education

CARES and MedStar Good Samaritan Hospital

This class will include information related to diabetes prevention.

Topics will include information about Pre-Diabetes and Type II Diabetes as well as nutrition, exercise, and weight management

As a thank you for attending the class a \$12 voucher to the 32nd Street Farmer's Market will be given at the end of the class!!

Register to attend—registration is limited. Light Refreshments will be served at the class.

Date & Time

Please call for class schedules

Location

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

Registration

Registration is required. Call 443-444-4100.

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.

Diabetes Self-Management at MedStar St. Mary's

Take the mystery out of diabetic meal planning, monitoring, treatment options and day-to-day coping with diabetes. For more information about our American Diabetes Association-Recognized Education Center, call **301-475-6019**. Physician's order is required.

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

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.

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.