

# UM Baltimore Washington Medical Center

## Calendar of Events

### September 2019

#### Wednesday, September 4

- **Cancer Survivorship Support Group** – Meets from 5:00 to 6:30 p.m. This free, self-care skills class and group discussion offers information and support for cancer patients and survivors. In addition to networking and peer support, the group will discuss timely topics related to treatment and care. For any type of cancer. No registration needed. For more information, call 410-553-8179. (Tate Cancer Center, First Floor Conference Room, 305 Hospital Drive).

#### Tuesday, September 10

- **Stroke Support Group** – Meets from 6:00 to 7:30 p.m. Survivors, caregivers and community members meet to discuss stroke recovery and prevention. For more information, call 410-787-4732. (Dr. Constantine Padussis Conference Center, 301 Hospital Drive, third floor).
- **Opioid Overdose Response Program** – Meets from 6:00 to 8:00 p.m. Free classes help the community learn the signs and symptoms of an opiate overdose along with how to safely administer naloxone (Narcan), the FDA-approved emergency treatment nasal spray. Pre-registration is required as space is limited. For more information or to register, call 410-787-4490. **Also meets Wednesday, September 18 from 6 to 8 p.m. and Saturday, September 28 from 10:00 a.m. to 2:00 p.m.** (BW Health Services, 7556 Teague Road, Suite 440, Hanover, MD 21076).

#### Wednesday, September 11

- **Free Blood Pressure Screenings** – From 8:30 a.m. to noon at Harundale Presbyterian Church. No registration needed. (Eastway and Guilford Road, Glen Burnie).
- **Lactation Support Group** – Meets from 2:00 to 3:00 p.m. Open to all breastfeeding mothers and their children. No registration needed. For more information call 410-595-1782. (301 Hospital Drive, 3 South Classroom).
- **Bariatric and Surgical Weight Loss Management Seminar** – Offered by the University of Maryland Center for Weight Management and Wellness from 6:00 to 8:00 p.m. offers a free surgical weight loss management seminar. Registration is required by calling 1-800-492-5538. (Dr. Constantine Padussis Conference Center, 301 Hospital Drive, third floor).
- **Mental Health Support Group** – Meets from 6:30 to 8:00 p.m. Community members and families discuss helpful information on psychiatric issues. No registration needed. For more information, call 410-553-8070. (Room A of the Partial Hospitalization Program (PHP), 301 Hospital Drive, second floor).

#### Thursday, September 12

- **Talks Saves Lives** – From 12:00 to 1:00 p.m. An introduction to suicide prevention. Learn more about what suicide is, who it affects, risk factors, warning signs, prevention and tools on how to reach out to someone in crisis. Free. Pre-registration is required. To register call 443-591-7274. (Dr. Constantine Padussis Conference Center, 301 Hospital Drive, third floor). **Also meets Tuesday, September 24 from 6:30 to 7:30 p.m.**
- **Preventing Diabetes Class** – From 1:30 to 2:30 p.m. A diabetes educator discusses factors leading to diabetes and lifestyle changes to prevent diabetes and improve overall health. To register for this free class or for more information, call 410-787-4940. (Center for Diabetes and Endocrinology at UM BWMC, 300 Hospital Drive, Suite 223).

-more on back-

## **Sunday, September 15**

- **Safe Sitter** – Meets from 10:00 a.m. to 4:30 p.m. This program helps preteens ages 11 to 13 gain confidence with babysitting skills and abilities in caring for young children in emergency and non-emergency situations. Participants will learn about child care essentials, choking child/infant rescue, preventing problem behavior, introduction to first aid and injury management. For more information, call 410-553-8103. (301 Hospital Drive, 3 South Classroom).

## **Tuesday, September 17**

- **Parkinson's Support Group** – meets from 6:30 to 7:30 p.m. Open to patients with Parkinson's disease, their caregivers, family members, friends and anyone interested in learning more about the disease. Discussions include managing symptoms, maintaining an active and high quality life, and sharing experiences and support. Pre-registration is not required. Please call 410-787-4433. (Dr. Constantine Padussis Conference Center, 301 Hospital Drive, third floor).

## **Wednesday, September 18**

- **Diabetes Support Group** – Meets from 5:30 to 6:30 p.m. to discuss current issues regarding diabetes management (Center for Diabetes and Endocrinology at UM BWMC, 300 Hospital Drive, Suite 223). Reservations are not requested. For more information, call 410-787-4940.
- **Stork's Nest** – Meets from 5:30 to 7:30 p.m. Incentivized prenatal education classes for expectant mothers living in Anne Arundel County. Class topics include the importance of prenatal care, what to expect during labor and delivery, breastfeeding, basic infant care, and safe sleep. Registration is required by calling 410-787-4366. Four-week session. (301 Hospital Drive, 3 South Classroom).

## **Wednesday, September 25**

- **Free Blood Pressure Screenings** – From 8:30 a.m. to noon at Harundale Presbyterian Church. No registration needed. (Eastway and Guilford Road, Glen Burnie).
- **Lactation Support Group** – Meets from 2:00 to 3:00 p.m. Open to all breastfeeding mothers and their children. No registration needed. For more information call 410-595-1782. (301 Hospital Drive, 3 South Classroom).

---

For more information, contact the Community Outreach Department at 410-553-8103 or visit the medical center's web site at [umbwmc.org](http://umbwmc.org).