

# UM Baltimore Washington Medical Center Calendar of Events July 2018

## **Tuesday, July 10 from 6 to 7:30 p.m.**

- ♦ The Stroke Support Group meets to discuss stroke recovery and prevention in the Dr. Constantine Padussis Conference Center (301 Hospital Drive, third floor). For more information, call 410-787-4732.

## **Wednesday, July 11**

- ♦ **10:30 a.m. to 11:30 a.m.** - The Tate Cancer Center Survivorship Program offers therapeutic yoga for cancer patients. Both patients and caregivers are welcome and no prior yoga experience is necessary. Chair yoga and deep breathing will also be offered. The program is free and please bring water. Reservations are not requested but encouraged. For more information, call 410-302-7663. (Executive Center, 300 Hospital Drive, Suite 128). **This class is offered each Wednesday at the same time and location.**
- ♦ **2 to 3 p.m.** - Lactation support group open to all breastfeeding mothers (301 Hospital Drive, 3 South Classroom). Reservations are not requested and children are welcome. For more information please call 410-595-1782.
- ♦ **6 to 8 p.m.** - The University of Maryland Center for Weight Management and Wellness offers a free surgical weight loss management seminar. (Dr. Constantine Padussis Conference Center, 301 Hospital Drive, third floor). Registration is required by calling 410-328-8940. For more information about the University of Maryland Center for Weight Management and Wellness, visit [www.umm.edu/weightloss](http://www.umm.edu/weightloss).

## **Thursday, July 12 from 4 to 5 p.m.**

- ♦ Nutrition Class: Discover Your Healthy Diet - Join UM BWMC's registered dietitian by taking the mystery out of maintaining a healthy, balanced diet by exploring popular nutrition topics. (Tate Cancer Center, Third Floor Conference Room, 305 Hospital Drive). Open to all community members, no registration required. For more information, please call 410-553-8187.

## **Wednesday, July 18 from 5:30 to 6:30 p.m.**

- ♦ Diabetes Support Group meets 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.

## **Wednesday, July 25**

- ♦ **2 to 3 p.m.** - Lactation Support Group open to all breastfeeding mothers (301 Hospital Drive, 3 South Classroom). Reservations are not requested and children are welcome. For more information please call 410-595-1782.
- ♦ **6:30 to 8 p.m.** - Mental Health Support Group for community members and families seeking information on psychiatric issues. Meetings are held in Room A of the Partial Hospitalization Program (PHP) located on the second floor of UM BWMC. Reservations are not requested. For more information, call 410-553-8070.

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**Thursday, July 26 from 6 to 7 p.m.**

- ◆ Ostomy Support Group – for anyone with a urinary or fecal diversion (an ostomy), their family members or support people, patients with Crohn’s disease or colitis, or anyone looking for ostomy advice and support. The program covers topics that include ostomy options, hygiene and maintenance, psychosocial issues, recommendations and local resources. In addition to a presentation, participants are encouraged to share experiences and helpful tips in open discussion. (Dr. Constantine Padussis Conference Center, 301 Hospital Drive, third floor). Call 410-787-4578 or 410-787-4579 for more information.

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