

# PAMPER *with a* PURPOSE:

*Free Breast Cancer Screening*



A pampering station • Women's health resources • Refreshments • A gift bag for self-care

**Saturday, October 19**  
**11:30 am – 3:30 pm**

**Aiello Center at UM BWMC**  
203 Hospital Drive, Glen Burnie

BROUGHT TO YOU BY:



UNIVERSITY of MARYLAND  
BALTIMORE WASHINGTON  
MEDICAL CENTER



ADVANCED  
RADIOLOGY  
Trusted by more doctors. Preferred by more patients.

**Free clinical breast exams and  
mammograms to women who:**

- Are uninsured or whose insurance does not cover the cost of an annual breast cancer screening
- Are age 40 and older
- Live in Anne Arundel County
- Do not have a lump or other breast cancer symptoms
- Have not had a mammogram in the last 12 months

Space is limited. Registration is required. Call **410-553-8103** or visit **[umbwmc.org/breastscreening](http://umbwmc.org/breastscreening)**



UM BWMC is offering free Opioid Overdose Response trainings to help our community learn the **signs and symptoms** of an opiate overdose, and how to **safely administer naloxone (Narcan)**, the FDA-approved emergency nasal spray treatment.

## WHERE

BW Health Services  
7556 Teague Road, Suite 440, Hanover

## WHEN

**Wednesdays at 6 p.m.**

**Saturdays at 10 a.m.**

October 9

October 26

November 13

November 23

December 11

December 28

## SIGN UP

Registration is required as class space is limited.  
Visit [umbwmc.org/overdoseclass](http://umbwmc.org/overdoseclass) to sign up.

## MORE INFO

Visit [umbwmc.org/overdoseclass](http://umbwmc.org/overdoseclass)  
Call **410-787-4490**

- Classes are for anyone age 16 years and older.
- All community members who attend and complete this training will be provided with a **FREE Narcan kit**.



**SATURDAY, OCTOBER 26, 2019**  
**9:00 A.M. TO 5:30 P.M.**  
**MENTAL HEALTH FIRST AID**

Mental Health First Aid teaches you **how to identify, understand and respond to signs of mental illnesses and substance use disorders**. This 8-hour training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

**WHAT IT COVERS:**

- Common signs and symptoms of mental illness.
- Common signs and symptoms of substance use.
- How to interact with a person in crisis.
- How to connect the person with help.

**Registration is required as space is limited.**

[AFSP.ORG/EVENT/MHFA-BWMC](http://AFSP.ORG/EVENT/MHFA-BWMC)

**Hosted By:**

UM Baltimore Washington  
Medical Center

301 Hospital Drive, 3<sup>rd</sup> floor  
Glen Burnie, MD 21061

—

**Included:**

Lunch  
Certification  
Hardcopy Workbook

—

**For More Information**

Contact Juli at  
[juli@inquiringmindsllc.org](mailto:juli@inquiringmindsllc.org)

—

For every participant, who completes the training, UM BWMC will donate \$10 to the Annapolis Out of the Darkness Walk.





# Free

# COMMUNITY FLU SHOTS

## AGES 3 YEARS AND UP

During the month of October UM BWMC will be partnering with the Caring Cupboard to collect donations of dried foods and canned goods at each flu clinic date.

- Saturday, October 5, 10 am – 12 pm
- Tuesday, October 8, 5 – 7 pm
- Wednesday, October 16, 4 – 6 pm



## LOCATION

UM BWMC  
301 Hospital Drive  
Main Lobby

Registration not required.  
For questions contact  
**410-553-8103.**

*Standard dose quadrivalent  
vaccine provided.*



UNIVERSITY of MARYLAND  
BALTIMORE WASHINGTON  
MEDICAL CENTER