

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:



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



YOU CAN STOP AN OVERDOSE

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 to sign up.

MORE INFO

Visit 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**.



UNIVERSITY of MARYLAND
BALTIMORE WASHINGTON
MEDICAL CENTER



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

Hosted By:
UM Baltimore Washington
Medical Center

301 Hospital Drive, 3rd floor
Glen Burnie, MD 21061

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Included:
Lunch
Certification
Hardcopy Workbook

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For More Information
Contact Juli at
juli@inquiringmindsllc.org

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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.*