

# UM Baltimore Washington Medical Center Calendar of Events August 2018

## Wednesday, August 1

- ♦ **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.**
- ♦ **5 to 6:30 p.m.** – Cancer Survivorship Support Group – 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. (Tate Cancer Center, First Floor Conference Room, 305 Hospital Drive). For any type of cancer. Reservations are not requested. For more information, call 410-553-8179.
- ♦ **6 to 8 p.m.** - The University of Maryland Center for Weight Management and Wellness offers a weight loss surgery support group. (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). (Leo & Lysbeth Courtney Conference Center, 301 Hospital Drive, eighth floor).

## Wednesday, August 8

- ♦ **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, August 9 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.

## Friday, August 10 from 2 to 3 p.m.

- ♦ Preventing Diabetes - A diabetes educator will lead a one-hour class discussing factors leading to diabetes and lifestyle changes to prevent diabetes and improve overall health. The class is free but reservations are requested. To register or for more information, call 410-787-4940. (Center for Diabetes and Endocrinology at UM BWMC, 300 Hospital Drive, Suite 223).

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**Tuesday, August 14 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, August 15 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.

**Friday, August 17 from 9 a.m. to 2:30 p.m.**

- ♦ American Red Cross Blood Drive sponsored by UM BWMC. To schedule an appointment to make a life-saving donation, call 1-800-RED-CROSS or UM BWMC's Community Outreach department at 410-553-8103. (Dr. Constantine Padussis Conference Center, 301 Hospital Drive, third floor).

**Monday, August 20 from 5:30 to 8 p.m.**

- ♦ UM BWMC offers a free CPR Anytime® community class at 301 Hospital Drive in the Dr. Constantine Padussis Conference Center, 301 Hospital Drive, third floor. Learn basic CPR, AED skills and choking relief. **Adult skills class is offered at 5:30 p.m., followed by infant skills at 7 p.m.** Pre-registration is requested by calling 410-553-8103.

**Wednesday, August 22**

- ♦ **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.

**Thursday, August 30 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).

