

# UM Baltimore Washington Medical Center

## Calendar of Events

### April 2019

#### Wednesday, April 3

- **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).

#### Sunday, April 7

- **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. (Dr. Constantine Padussis Conference Center, 301 Hospital Drive, third floor).

#### Monday, April 8

- **Smoking Cessation** – Meets from 7 to 8:30 p.m. A seven-week class for those wanting to quit smoking (Radiology Conference Room, Lower Level, 301 Hospital Drive). Class size is limited to 14 and participants will be registered on a first come, first serve basis. Session ends on Monday, May 20. To register call 410-553-8103.

#### Tuesday, April 9

- **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).

#### Wednesday, April 10

- **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).
- **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, April 11

- **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).

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### Wednesday, April 17

- **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.

### Wednesday, April 24

- **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).

### Friday, April 26

- **American Red Cross Blood Drive** sponsored by UM BWMC. From 9:00 a.m. to 2:30 p.m. 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).
- **Earth Day Fair** – From 11 a.m. to 2 p.m. Learn tips about recycling, renewable energy and eco-friendly living through educational displays and green giveaways. Bring the following items with you and we will recycle them: unwanted documents for on-site Shred-It; old cell phones and eyeglasses; used scrubs and stethoscopes. The event will be held rain or shine. (301 Hospital Drive, Front Parking Lot of UM BWMC).

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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 [umbwmc.org](http://umbwmc.org).