

EVENTS CALENDAR

Screenings, Classes, Support Groups and Events

AUGUST 2014

Free Blood Pressure Screenings/

Cambridge and Easton – Mondays, Tuesdays and Wednesdays, 9am-12pm, Diagnostic & Imaging Center, 10 Martin Court, Easton; Tuesday and Fridays, 11am-1pm, UM SMC at Dorchester, Main Lobby. Recurring event (except holidays).

Survivors Offering Support (SOS) –

Program pairing women who have breast cancer with mentors who are breast cancer survivors. If you are in need of support or would like to become a mentor, call 410-822-1000, ext. 5866.

Transition to Wellness Workshops –

Ongoing workshops for breast cancer survivors and those breast cancer patients ending treatment. For information about the next session, call 410-822-1000, ext. 5866.

Labor and Delivery Class I, II, III –

Saturday, August 2, 8:30am-3pm, UM SMC at Easton, Health Education Center. Overview of pregnancy and birth for expectant mothers, spouses and birthing coaches. Free. Contact: 410-822-1000 or 410-228-5511, ext. 5200.

Breastfeeding Support Group –

Tuesday, August 5, 10-11:30am, UM SMC at Easton, Requard Social Center. Led by UM Shore Regional Health lactation consultants. New and expectant mothers encouraged to attend. Free. Contact: 410-822-1000 or 410-228-5511, ext. 5200.

CARES Patient Support Group – Tuesday, August 5 and Tuesday, August 19, 5-7pm, Cancer Center, 509 Idlewild Avenue, Easton. Call 443-254-5940.

Carb Counting Class – Tuesday, August 5, 1:30-3:30pm, UM SMC at Easton, UM Diabetes & Endocrinology Center. Overview of the most commonly-used method of meal planning for diabetics. Referral and advance registration required; contact: 410-822-1000, ext. 5195.

Mid-Shore Stroke Support Group

Meeting – Thursday, August 7, 1-2:30pm, Presbyterian Church, 617 N. Washington Street, Easton. Mary Hynes, OTR/L, CHT, Occupational Therapist for UM SRH

Comprehensive Rehabilitation Services, will present on "Occupational Therapy - Upper Extremity Function." Open to all who can benefit from support and information about stroke recovery and caregiving. Includes light refreshments; RSVP to 410-822-1000, ext. 5068 or midshorestroke@gmail.com.

Gestational Diabetes Classes –

Thursdays, August 7, 14, 21 & 28, 10am-12pm, UM SMC at Easton, UM Diabetes & Endocrinology Center. Single-session class addressing care during pregnancy and what to expect afterward. Referral and advance registration required. Contact: 410-822-1000, ext. 5195.

Diabetes Self-Management Training/

Easton – Two sessions: Tuesdays, August 12, 19 & 26, 9:00am-12pm; and Wednesdays, August 13, 20 & 27 1:30-4:30pm. UM SMC at Easton, UM Diabetes & Endocrinology Center. Medical information and strategies enabling patients to manage their diabetes for optimal wellness. Referral and advance registration required. Contact: 410-822-1000, ext. 5195.

Diabetes Support Group/Caroline

County – Tuesday, August 12, 6:30pm, St. Luke's United Methodist Church, Denton. Topic: "Dining Out With Diabetes." Led by Doris Allen, RN, CDE, lead diabetes educator, UM Center for Diabetes & Endocrinology. Contact: 410-479-2161.

Diabetes Self-Management Training/

Chestertown – Thursdays, August 14, 21 & 28, 1-4pm, UM SMC at Chestertown, Education Center. Medical information and strategies enabling patients to manage their diabetes for optimal wellness. Referral and advance registration required. Contact: 410-778-7668, ext. 2175.

Big Brother, Big Sister: Sibling

Preparation – Saturday, August 16, 9:30-11am, UM SMC at Easton, Health Education Center. Designed to help parents prepare their children for the arrival of a new baby. Free. Registration: 410-822-1000, ext. 5195.

Look Good...Feel Better – Monday, August 18, 10am-12pm, Cancer Center, 509

Idlewild Avenue, Easton. Free ACS program for women with cancer includes hair, skin and make-up tips, samples and a visit to the Wig Room. Call 410-822-1000, ext. 5355.

Health Care Uniform and Shoe Sale/

Dorchester – Tuesday, August 19, UM SMC at Dorchester Lobby. Sponsored by the hospital Auxiliary.

CARES Caregivers' Support Group –

Wednesday, August 20, 5-7pm, Cancer Center, 509 Idlewild Avenue, Easton. Call 410-822-1000, ext. 2257.

Dementia Caregivers Support Group –

Thursday, August 21, 6-7:30pm, UM Shore Nursing and Rehab at Chestertown, 200 Morgneq Road. Open to family members and anyone with caregiver responsibilities for a person suffering from Alzheimer's or other dementia. Provides information and support regarding caregiver strategies and resources. Contact: 410-778-4550.

Health Care Uniform and Shoe Sale/

Easton – Thursday, August 21 and Friday, August 22, UM SMC at Easton, Health Education Center. Sponsored by the hospital Auxiliary.

New Mom, New Baby: Safety and CPR –

Saturday, August 23, 9am-1:30pm, UM SMC at Easton, Health Education Center. Learn about post-partum care, pain management, nutrition and more. Free. To register, call: 410-822-1000, ext. 5200.

Diabetes Self-Management Refresher

Class – August 25, 10am-12pm, UM Center for Diabetes & Endocrinology Center, UM SMC at Easton. For those who have completed diabetes education classes, but want to take their self-care to the next level. Referral and advance registration required. Contact: 410-822-1000, ext. 5195.

Women Supporting Women Breast

Cancer Group – Tuesday, August 26, 6:30pm, Christ Episcopal Church, Cambridge. Call 410-463-0946 or 410-228-3161.

CARES Breast Cancer Support Group –

Tuesday, August 26, 6-7:30pm, Cancer Center, 509 Idlewild Avenue, Easton. Call 410-822-1000, ext. 5387.



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