

July Health Events

Screenings

Blood Pressure Screenings

Every Monday through Thursday, except holidays, 12:30 pm to 3:00 pm, Diagnostic and Imaging Center, 10 Martin Court, Easton. FREE. Sponsored by the Memorial Hospital Auxiliary. No appointment needed.

Every Tuesday and Friday, 11:00 am to 1:00 pm, Dorchester General Hospital, main lobby, 300 Byrn Street, Cambridge. FREE. Sponsored by the Dorchester General Hospital Auxiliary. No appointment needed.

Breast Cancer Screenings

Day and evening appointments available at Shore Regional Breast Center, Memorial Hospital, 219 S. Washington Street, Easton. Open to uninsured or underinsured women, aged 20-39 and over 64, who meet income guidelines. Call 410-820-9400 or 410-822-1000, ext. 5387 to schedule an appointment.

Support Groups

Cancer Support Groups

Cancer support groups meet at Shore Regional Cancer Center, 509 Idlewild Avenue, Easton. New members pre-register by calling 1-888-806-0756. FREE. Sponsored by the Wellness Community of Delmarva and Shore Regional Cancer Center.

Cancer patients and survivors, every Thursday, 5:00 pm

"Daytimers" for cancer patients, 1st and 3rd Wednesday of the month, 10:30 am to noon

"Cancer Partners" for family and other caregivers, 1st and 3rd Wednesday of the month, 5:30 pm to 7:00 pm

Pregnancy and Infant Loss

Monday, July 6, 7:00 pm to 8:30 pm, Talbot Hospice House, 586 Cynwood Drive, Easton. This monthly meeting is a resource for parents who have lost a child through miscarriage, stillbirth and infant death. FREE. For more information, contact Tina Basel, 410-822-1000 or 410-228-5511, ext. 5351.

Us Too Prostate Support Group

Tuesday, July 14, 6:30 pm, Shore Regional Cancer Center, 509 Idlewild Avenue, Easton. Topic: Treatments for prostate cancer. FREE. For more information, call Sharon Richter, RN, 410-820-6800, ext 108.

Stroke Survivor Support Group

Wednesday, July 22, 2:00 pm, St. Michaels Library, 106 Fremont Street. FREE. For more information, call 410-822-1000 or 410-228-5511, ext. 5068.

Childbirth Education

All childbirth classes are held at the Nick Rajacich Health Education Center, Memorial Hospital, 219 S. Washington Street, Easton. FREE. Pre-register by calling 410-822-1000 or 410-228-5511, ext. 5200.

Labor & Delivery I, II, III

Saturday, July 11, 8:30 am to 4:30 pm. An overview of pregnancy and birth. Spouses and birthing coaches encouraged to attend.

Infant CPR

Monday, July 13, 6:30 pm to 8:30 pm. Basic infant CPR class. This is not a certification course.

Big Brother & Big Sister

Saturday, July 18, 9:30 am to 11:00 am. Designed for children who need to learn the importance of being a big brother or sister, this class anticipates the arrival of the new baby. Children should bring their favorite doll or stuffed toy.

New Mom, New Baby & Infant Safety

Saturday, July 25, 9:00 am to 12:30 pm. This class should be taken after the Labor & Delivery class. Mom will learn about post partum care, pain management, nutrition and more. Baby topics include feeding, circumcision, cord care, how to take temperatures and more.

Classes

Diabetes Education Classes

Joslin Diabetes Center Affiliate, Memorial Hospital, 219 S. Washington Street, Easton. Topics include the causes and complications of diabetes; medication and nutritional management; blood glucose monitoring; and the emotional aspects of diabetes. Anyone interested in participating in a class must have a referral from a healthcare provider and meet with a Joslin Center certified diabetes educator prior to the start of the session. For information about schedules and cost, call 410-822-1000 or 410-228-5511, ext. 5757.

Shore Kids Camp

Monday, July 13 through Thursday, July 16, 8:45 am to 4:00 pm, Calhoun MEBA Engineering School, 27050 St. Michaels Road, Easton. Open to children ages 7-12 years with diabetes or asthma, this camp focuses on promoting development of self-management skills. Fee: \$75; scholarships available. For more information and to register, call 410-822-1000 or 410-228-5511, ext. 5231.

Overcoming Your Fear of Flying

Thursday, July 16, 6:30 pm, The Center for Integrative Medicine, 607 Dutchman's Lane, Easton. Richard Gibson, LCSW-C will discuss how EMDR - eye movement resensitization and reprocessing - is used to desensitize the traumatic memories that are often at the core of flying phobias. FREE. To register, call 410-770-9400.

Look Good...Feel Better

Monday, July 20, 10:00 am to noon, Shore Regional Cancer Center, 509 Idlewild Avenue, Easton. The program helps women look their best as they are undergoing cancer treatment. FREE. To register, call 410-820-6800.

Events

Robin Hood Shop Half-Price Sale

Monday, July 20 through Saturday, July 25, 416 High Street, Cambridge. Sponsored by the Dorchester General Hospital Auxiliary to benefit the services and programs of the hospital. For more information, call 410-228-6339.



SHORE HEALTH SYSTEM

UNIVERSITY OF MARYLAND MEDICAL SYSTEM