

August Health Events

Screenings

Blood Pressure Screenings

Every Monday through Thursday, except holidays, 9:00 am to noon, 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, ages 20-39 and over 64 who meet income guidelines, and Medicare patients of any age. Call 410-820-9400 or 410-822-1000, ext. 5387 to schedule an appointment.

Support Groups

Cancer Support Groups

Meetings held at Shore Regional Cancer Center, 509 Idlewild Avenue, Easton. New members pre-register by calling 1-410-546-1200. FREE. Sponsored by The Wellness Community of Delmarva and Shore Regional Cancer Center.

Weekly Cancer Participant Group, Thursday, 5:00 pm to 7:00 pm

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

Cancer Partners (for family and other caregivers), 1st and 3rd Thursday of the month, 5:00 pm to 7:00 pm.

Stroke Survivor Support Group

Thursday, August 5, 1:00 pm, Talbot Senior Center, 400 Brookletts Avenue, Easton. FREE. For more information, call 410-822-1000 or 410-228-5511, ext. 5068.

Pregnancy and Infant Loss

Monday, August 2, 7:00 pm to 8:30 pm, Talbot Hospice House, 586 Cynwood Drive, Easton. A resource for parents who have lost a child through miscarriage, stillbirth and infant death. FREE. For more information, contact Tina Basel, 410-463-9964.



Childbirth Education

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

Labor & Delivery

Saturday, August 7, 8:30 am to 4:30 pm. An overview of pregnancy and birth. Spouses and birthing coaches encouraged to attend.

Breastfeeding

Saturday, August 21, 9:00 am to 12:15 pm. Learn about the benefits of breastfeeding and steps for successful breastfeeding.

Infant CPR

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

Classes

Diabetes Education

Joslin Diabetes Center, Memorial Hospital, 219 S. Washington Street, Easton. During this four week series, certified diabetes educators help participants develop and practice ways to improve diabetes self-management skills. For information about schedules and cost, call 410-822-1000 or 410-228-5511, ext. 5757.

Carbohydrate Counting

Wednesday, August 4, 10:00 am to noon, Joslin Diabetes Center, Memorial Hospital, 219 S. Washington Street, Easton. Certified diabetes educators provide personal guidance and information that help individuals with diabetes understand and monitor the carbohydrates in their diet. FEE: \$35 per session. For more information and to register, call 410-822-1000 or 410-228-5511, ext. 5757.

Look Good...Feel Better

Monday, August 16, 10:00 am to noon, Shore Regional Cancer Center, 509 Idlewild Avenue, Easton. The program helps women look their best as they undergo cancer treatment. FREE. To register, call 410-820-6800.

Events

Uniform Sale

Thursday, August 26 and Friday, August 27. 7:00 am to 4:00 pm, Memorial Hospital, 219 S. Washington Street, Nick Rajacich Health Education Center, Easton. A variety of uniforms and shoes at discounted prices. Sponsored by the Memorial Hospital Auxiliary to benefit programs and services of the hospital.

Linen Sale

Monday, August 30, 8:00 am to 4:00 pm, Dorchester General Hospital, main lobby, 300 Byrn Street, Cambridge. Sponsored by the Dorchester General Hospital Auxiliary to benefit the programs and services of the hospital.



SHORE HEALTH SYSTEM

UNIVERSITY OF MARYLAND MEDICAL SYSTEM