

# February 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 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 1-888-806-0756. FREE. Sponsored by The Wellness Community-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

### Us Too Prostate Support Group

Tuesday, February 9, 6:30 pm, Shore Regional Cancer Center, 509 Idlewild Avenue, Easton. Topic: "Healthy Diet for Prostate Cancer Patients," presented by Wynne Aroom, MS, RN, CDE. FREE. For more information, call Sharon Richter, RN, 410-820-6800, ext 108.

### Insulin Pump Support Group

Wednesday, February 17, 6:30 pm to 7:00 pm., Joslin Diabetes Center, Memorial Hospital, 219 S. Washington Street, Easton. For anyone currently using an insulin pump and individuals who are interested in finding out more about insulin pump therapy. FREE. For more information, call 410-822-1000 or 410-228-5511, ext. 5757.

### Diabetes Support Group

Wednesday, February 17, 7:00 pm, Joslin Diabetes Center Affiliate, Memorial Hospital, 219 S. Washington Street, Easton. For people with diabetes and the people who support them. FREE. For more information, call 410-822-1000 or 410-228-5511, ext. 5757.

### Mended Hearts Support Group

Thursday, February 18, 5:30 pm, Memorial Hospital, Freeman Outpatient Center conference room, 219 S. Washington Street, Easton. Especially designed for those who have a history of heart disease. For more information, call 410-228-5511, ext. 8201 or 410-822-1000, ext. 5208.

### Stroke Survivor Support Group

Wednesday, February 24, 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.

### Infant CPR

Monday, February 15, 6:30 pm to 8:30 pm. Basic infant CPR class. This is not a certification course.

### Breastfeeding

Saturday, February 20, 9:00 am to 12:15 pm. Learn about the benefits of breastfeeding and steps for successful breastfeeding.

## Classes

### Mindfulness-Based Stress Reduction

Tuesday, February 9 through March 30, 6:00 pm to 8:30 pm and Saturday, March 20, 9:00 am to 4:00 pm, Nick Rajacich Health Education Center, Memorial Hospital, 219 S. Washington Street, Easton. Tuition: \$300; financial assistance is available. For more information and to register, call 410-770-9400.

### Look Good...Feel Better

Monday, February 15, 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.

### 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. Participants 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.

### How Cardiac Rehab Can Change Your Life

Tuesday, February 16, 3:00 pm, Memorial Hospital, Board Room, 219 S. Washington Street, Easton. Presenter: Cardiologist M.Christadoss Rajasingh, MD. FREE. For more information, call 410-228-5511, ext. 8201 or 410-822-1000, ext. 5208.

## Events

### Uniform Sale

Thursday, February 11, 7:00 am to 4:00 pm. Scrubs, shoes and professional accessories at discounted prices. Dorchester General Hospital, main lobby, 300 Byrn Street, Cambridge. Sponsored by the Auxiliary of Dorchester General Hospital to benefit the programs and services of the hospital.



# SHORE HEALTH SYSTEM

UNIVERSITY OF MARYLAND MEDICAL SYSTEM