

June Health Events

Screenings

Blood Pressure Screenings

Every Monday through Thursday, except holidays, **NEW TIME: 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, 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.

Pregnancy and Infant Loss

Monday, June 7, 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.

Us Too Prostate Support Group

Tuesday, June 8, 6:30 pm, Shore Regional Cancer Center, 509 Idlewild Avenue, Easton. For more information, contact Sharon Richter, RN, 410-820-6800, ext. 2300.

Mended Hearts Support Group

Thursday, June 17, 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.

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.

Breastfeeding

Saturday, June 19, 9:00 am to 12:15 pm. Learn about the benefits of breastfeeding and steps for successful breastfeeding.

Infant CPR

Monday, June 28, 6:30 pm to 8:30 pm. Basic infant CPR class. This is not a certification course.

Classes

Diabetes Education Classes

Joslin Diabetes Center Affiliate, Memorial Hospital, 219 S. Washington Street, Easton. Participants must have a referral from a healthcare provider and meet with a Joslin Diabetes Center 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.

Look Good...Feel Better

Monday, June 21, 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.

Traditional Reiki I: Find Wellness within You

Saturday June 26, 9:00 am to 6:00 pm, Center for Integrative Medicine, 607 Dutchman's Lane, Suite B, Easton. Instructor: Dana Limpert. Reiki is a useful tool for personal wellness and for people in healthcare professions and care-giving roles. After this course, you will be certified to give Reiki sessions to yourself and others. FEE: \$163. For more information and to register, call ext. 410-770-9400.

Shore Kids Camp

Monday, July 12 through Thursday, July 15, 8:45 am to 4:00 pm, Calhoun MEBA Engineering School, 27050 St. Michaels Road, Easton. Open to children ages 7 to 12 with diabetes or asthma. Fee: \$75; scholarships available. For more information and to register, call 410-822-1000 or 410-228-5511, ext. 5231.

Events

Fudge and Candy Sale

Tuesday, June 15, 8:00 am to 4:00 pm, Memorial Hospital, main lobby, 219 S. Washington Street, Easton. Sponsored by the Memorial Hospital Auxiliary to benefit the programs and services of the hospital.



SHORE HEALTH SYSTEM

UNIVERSITY OF MARYLAND MEDICAL SYSTEM