

March 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.

Pregnancy and Infant Loss

Monday, March 8, 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, March 9, 6:30 pm, Shore Regional Cancer Center, 509 Idlewild Avenue, Easton. Topic: "Healthy Diet for Prostate Cancer Patients." FREE. For more information, call Sharon Richter, RN, 410-820-6800, ext 108.

Stroke Survivor Support Group

Thursday, March 11, 1:00 pm, Talbot County Senior Center, 400 Brookletts Ave., Easton. FREE. For more information, call 410-822-1000 or 410-228-5511, ext. 5068.

Insulin Pump Support Group

Wednesday, March 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, March 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, March 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.

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.

New Mom, New Baby & Infant Safety

Saturday, March 20, 9:00 am to 12:30 pm. 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.

Big Brother & Big Sister

Saturday, March 27, 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.

Infant CPR

Monday, March 29, 6:30 pm to 8:30 pm. Basic infant CPR class. This is not a certification course.

Classes

Look Good... Feel Better

Monday, March 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.

Events

Book Sale

Monday, March 15, 10:00 am to 4:00 pm, and Tuesday, March 16, 7:00 am to 2:00 pm, Dorchester General Hospital main lobby, 300 Byrn Street, Cambridge. Sponsored by the Dorchester General Hospital Auxiliary to benefit the services and programs of the hospital.

Robin Hood Shop Birthday Sale

Tuesday, March 23, 9:00 am to 4:00 pm, 416 High Street, Cambridge. Refreshments served. Featured items include new spring merchandise. The shop will be closed on Monday, March 22 to prepare for the sale. Sponsored by the Dorchester General Hospital Auxiliary to benefit the services and programs of the hospital.



SHORE HEALTH SYSTEM

UNIVERSITY OF MARYLAND MEDICAL SYSTEM