

# Fall 2021 calendar



Visit [MedStarStMarys.org/Calendar](https://www.MedStarStMarys.org/Calendar) to learn more about community classes and support groups.

Class availability is subject to change, particularly during COVID-19. After enrolling, you will be notified should a session need to be postponed. Because no registration is required for support groups, please reach out using the phone numbers below to verify if meetings are still scheduled.

## Support groups

### Bariatric Support

Meetings are currently online only  
Sept. 11, Oct. 9, Nov. 13,  
10 a.m. Call 301-475-6019.

### Breast Cancer

Meetings are held in person  
on the last Monday of each month  
Sept. 27, Oct. 25, Nov. 29,  
6 to 7 p.m., Outpatient Pavilion,  
Cancer Care & Infusion Services  
Call 301-997-1315 or visit  
[Facebook.com/groups/  
MedStarBreastHealthProgram](https://www.facebook.com/groups/MedStarBreastHealthProgram)  
for support.

### Epilepsy

Currently on hold due to COVID-19.  
Call 240-434-7929 for updates.

### Lactation (Breastfeeding)

Weekly on Wednesdays,  
10 a.m. to noon, Outpatient  
Pavilion, Health Connections  
Registration required as space  
is limited or search and join the  
"MedStar St. Mary's Lactation  
Support Group" on Facebook.

### Ostomy Care

Currently on hold due to  
COVID-19. Call 301-609-5435  
for updates.

### Parkinson's

Second Tuesday of each month,  
Sept. 14, Oct. 12, Nov. 9,  
6 p.m., Health Connections  
Call 301-475-6019.

### Stroke Survivors

Third Tuesday of each month,  
Sept. 21, Oct. 19, Nov. 16,  
5:30 p.m., Health Connections  
Call 301-475-6019.

## Senior wellness & events

### Senior Gold Card luncheon

Currently on hold due to COVID-19.  
Call 301-475-6019 for updates.

## NEW Flu shot clinics

### Drive-thru flu clinics

Oct. 9, 10 a.m. to 1 p.m.,  
Outpatient Pavilion  
Oct. 22, 10 a.m. to 1 p.m.,  
East Run Medical Center  
Conveniently receive your annual  
flu shot from your own vehicle!  
No appointment necessary.  
Call 301-475-6019.

## Cancer care

### Cancer Support group

Currently meeting virtually on the  
first and third Wednesday of each  
month. In-person options may also  
be available. Call 240-434-7241 to  
register. Search and join "MedStar  
St. Mary's Hospital Cancer Support  
Group" on Facebook.

## Diabetes education

### Take Control of Diabetes with Education

MedStar St. Mary's Hospital offers  
one-on-one appointments with our  
registered dietitian. A provider's  
order for diabetes education is  
required. Services may be covered  
by Medicare, Medicaid and most  
private insurance plans.

### Simple Changes (Pre-diabetes)

Oct. 6, 5:30 to 6:30 p.m.,  
Health Connections  
Participate in our free, year-long  
class designed to eliminate possible  
diabetes risk factors by making  
simple, healthier changes in your  
life. Program includes free body

composition screenings, handouts,  
giveaways, and support between  
sessions. This one-year program  
is a combination of weekly and  
monthly sessions.  
Call 301-475-6019.

## Living Well with Diabetes

Meeting is held in person  
Workshop 1 starts Sept. 14, 6 p.m.  
Workshop 2 starts Sept. 20, 6 p.m.  
These six-week workshops can  
help individuals with diabetes  
manage this condition, carry out  
normal activities, add healthy activities  
to their lives, and manage emotional  
changes. Call 301-475-6019.

## Exercise, nutrition & weight management

### Bariatric information sessions

Learn more about weight loss  
surgeries offered with surgeon  
Nicholas Tapazoglou, MD, with  
a free online seminar. Required  
for those pursuing surgery. Visit  
[MedStarStMarys.org/WeightLoss](https://www.MedStarStMarys.org/WeightLoss)  
or call 240-434-4088.

### Body composition analysis

By appointment only,  
Health Connections  
Screening includes an in-depth  
look at body composition.  
Cost is \$15.  
Call 301-475-6019.

### MedFit program

Currently unavailable due to  
COVID-19. Call 240-434-7143  
for updates.

### Yoga

Currently on hold due to  
COVID-19. Call 301-475-6019  
for updates.

## Childbirth & family education

Classes are held in the Outpatient  
Pavilion at MedStar St. Mary's  
Hospital.

### One-day Parents-to-Be workshop

In-person sessions and online  
options available.  
Sept. 18, Oct. 2, Nov. 6,  
8 a.m. to 4 p.m.,  
Health Connections, \$100/couple  
Combines four traditional  
parenting classes into a one-day  
overview. Topics include childbirth,  
breastfeeding, infant CPR, and  
practical baby care skills such  
as bathing and diapering.  
Call 301-475-6019.

Please note: some classes require a  
minimum number of participants to  
hold the course. If the need arises to  
cancel a class, we will make every effort  
to accommodate you on an alternate  
date.

### Safe Sitter

In-person session,  
Oct. 23,  
8:45 a.m. to 4 p.m.,  
Health Connections, \$65  
Adolescents 12-14 learn  
babysitting tips, basic first aid,  
and CPR. Call 301-475-6019.

## American Heart Association classes

Held in MedStar St. Mary's  
Hospital's Education and Simulation  
Center, 41550 Doctors Crossing  
Way, Leonardtown. Register at  
[sitelms.org](https://www.sitelms.org) with registration codes  
(below). Two-year certification  
cards are emailed upon course  
completion. Call 202-643-1841  
to learn more.

Please note: all Health Connections class fees are subject to change.



### CRT 105 CPR for the community (Formerly known as Heartsaver CPR/AED)

Sept. 27, Oct. 25, Nov. 22,  
5 to 9 p.m., \$85  
Learn CPR and AED use on adults,  
children and infants; and how to  
relieve choking for any age.

### CRT 109 CPR for the community and First Aid

(Formerly known as Heartsaver  
CPR/AED & First Aid)  
Oct. 2,  
9 a.m. to 4 p.m., \$120  
Video-based, instructor-led  
course that teaches critical skills  
to respond to and manage an  
emergency in the first minutes  
until Emergency Medical Services  
arrives.

## Overdose Response Program

The St. Mary's County Health  
Department offers a free  
Overdose Response Program to  
train individuals on administering

Naloxone and caring for someone  
until emergency help arrives. Visit  
[SMCHD.org/Overdose](https://www.SMCHD.org/Overdose) or call  
301-475-6806.

## Pulmonary

### Better Breathers Club

Oct. 21, noon to 1 p.m.,  
Health Connections  
Individuals with pulmonary  
disease, such as COPD, learn  
breathing techniques, home  
health care and exercise in  
this free program offered in  
partnership with the American  
Lung Association.  
Call 240-434-7143.

### Tobacco Cessation Program

Sept. 9, 12 p.m.  
Virtual course  
In this free eight-week program,  
you will learn behavioral  
modifications, stress management,  
and other techniques to help quit  
using tobacco products. Visit  
[SMCHD.org/Tobacco](https://www.SMCHD.org/Tobacco) to register.