



Classes & support groups

Because no registration is required for most support groups, please reach out using the phone numbers below to verify if meetings are scheduled as planned.

Support groups

Health Connections at MedStar St. Mary's Hospital hosts support groups including:

- **Lactation** (every Wednesday, 10 a.m. to 12 p.m.)
- **Parkinson's** (second Tuesday of each month, 4:30 p.m.)
- **Stroke Survivors** (second Tuesday of each month, 1 p.m.)

Call 301-475-6019 to learn more or to register.

Ask the Expert Series

Join us for a free lunch and learn during the quarterly **Ask the Expert Series** held from 11:30 to 2 p.m. Call Health Connections at 301-475-6019 for upcoming dates and topics.

Cancer care

Cancer support group

Meetings held the first and third Wednesday of each month. Call 301-877-4673 to register, or search and join "MedStar St. Mary's Hospital Cancer Support Group" on Facebook.

Breast cancer support group

Held virtually through Microsoft Teams. To receive an email invite or learn more, please call 240-695-6904. Visit [Facebook.com/groups/MedStarBreastHealthProgram](https://www.facebook.com/groups/MedStarBreastHealthProgram) for support.

Diabetes education

Diabetes Self-Management

In this four-week diabetes self-management program, participants can engage in conversations about their experience with diabetes, blood sugar monitoring, healthy eating and activity, and long-term disease management. Call 301-475-6019 to register or learn more.

Take Control of Diabetes

Appointments are offered to meet one-on-one with a registered dietitian. A provider's order for diabetes education is required. Services may be covered by Medicare, Medicaid, and most private insurance plans. Call 301-475-6019 for more information.

Childbirth & family education

Parents-to-Be Workshop

Offered monthly: 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. In-person sessions and online options available. Call 301-475-6019 to sign up.



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