

Health Education Classes & Events

Childbirth and Parenting

Baby Care and Beyond

This interactive, fun and informative class answers your baby care questions and takes the mystery out of parenting. Practical skills like bathing and diapering combined with ways to enhance your baby's brain development makes this a “must-have” class for all parents. It is recommended you attend this course during your last trimester of pregnancy and at least 2 weeks prior to your due date.

Date & Time

First Monday of the Month, 6:30 – 9 p.m. Please call to confirm class schedules

Location

MedStar St. Mary's Hospital - Health Connections Classroom
25500 Point Lookout Road
Leonardtown, MD, 20650

Registration

Registration is required. Please call 301-475-6019

Baby Basics at MedStar Southern Maryland

Preparing for your newborn can sometimes feel like an overwhelming task. Our class is designed to provide you with practical information to support you through your transition into parenthood. Through lecture, question and answer, and numerous hands-on opportunities, we will cover any topics such as preparing your home, developmental milestones, diapering, cord care, bottle feeding, and much more. Prior to the end of the class, a tour of the Women & Newborn Center will be offered. Your guide will escort you and your guests to view our Labor & Delivery rooms as well as the Mother-Baby Coupling Units.

Date & Time

Third Thursday of the Month, 6 p.m. – 9 p.m. Please call to confirm class schedules

Location

Multipurpose Room at MedStar Southern Maryland
7503 Surratts Road
Clinton, MD 20735

Registration

Registration is required. Email childbirtheducation@medstar.net with questions and call 301-877-5740 to register.

Breastfeeding Basics – MedStar Montgomery Medical Center

This course is designed to offer advice and support for breastfeeding mothers. A lactation specialist will discuss topics on the health-related benefits of breast-feeding, practical techniques, and breast-feeding at work.

Date & Time

Please call for class schedules

Location

MedStar Montgomery Medical Center
18101 Prince Philip Drive
Olney, MD, 20832

Registration

Registration is required. Please call 301-774-8881.

Breastfeeding Basics – MedStar St. Mary's Hospital

Learn the fundamentals of breastfeeding. It is recommended you attend this course during your last trimester of pregnancy and at least 2 weeks prior to your due date.

Date & Time

Please call for class schedules

Location

St. Mary's Hospital - Health Connections Classroom
25500 Point Lookout Road
Leonardtown, MD, 20650

Registration

Registration is required. Please call 301-475-6019

Breastfeeding Luncheon – MedStar Franklin Square (Essex location)

We invite moms and babies to join us for the Essex Breastfeeding Luncheon, Wednesdays 11 a.m. – 1 p.m. at the Essex Library meeting room. A certified lactation consultant will be present to answer your questions. Come meet other moms and join us for lunch free of charge.

Date & Time

Every Wednesdays from 11 a.m. – 1 p.m.

Location

Essex Library, Meeting Room
1110 Eastern Blvd.
Essex, MD 21221

Registration

To register please call Abilities Network at 410-828-7700, ext. 1265. Space is limited!

Breastfeeding and New Mothers Support Group at MedStar Franklin Square

The group is open to ALL new moms (breastfeeding moms and non-breastfeeding) and their babies under 1 year of age. A nurse, who is an Internationally Board Certified Lactation Consultant, is present to answer infant care questions, facilitate discussions and assist with breastfeeding issues as needed. There is a newborn scale at each group for moms who choose to monitor their babies weight and/or milk intake. The group is designed to not only provide clinical support to new moms but also provide a place for moms to build relationships with other new moms. Siblings are welcome. Lunch is served free of charge.

Date & Time

Every Thursday from 11 a.m. – 1 p.m.

Location

Community Wellness Center at MedStar Franklin Square
9000 Franklin Square Drive, 3rd Floor
Rosedale, MD 21237

Registration

To RSVP call the Lactation Resource Center at (443) 777-7427.

Breastfeeding: Facts Myths and Techniques at MedStar Franklin Square

This interactive class, taught by a board-certified Lactation Consultant, is designed to help you feel comfortable and confident by preparing you and your baby for breastfeeding. You will get a wealth of information, tips, and guidance to help you and your baby get off to the best start possible during the challenging early days of breastfeeding. Support person encouraged to attend.

Class meets in the Community Wellness Center on the 3rd Floor. Please enter through the Garden Entrance.

Date & Time

Please call for class schedules

Location

Community Wellness Center at MedStar Franklin Square
9000 Franklin Square Drive, 3rd Floor
Rosedale, MD 21237

Registration

Reservations are required. To RSVP, please call 888-746-2852.

Breastfeeding Support Group at MedStar Montgomery Medical Center

Please join us at our free weekly Breastfeeding and New Moms Support Group. New moms can get answers to their questions about breastfeeding including is my baby getting enough, night-time feedings, pumping and storing milk, and returning back to work while continuing breastfeeding.

Date & Time

Every Thursday from 5:30 p.m. – 6:30 p.m.

Location

MedStar Montgomery Medical Center
18101 Prince Philip Drive
Olney, MD 20832

Registration

No registration required. Nursing babies welcome.

Breastfeeding Support Group at MedStar Southern Maryland

New moms can get answers to their questions about breastfeeding, including dealing with breastfeeding in public, night-time feedings, and pumping/storing milk. Moms can also check their baby's weight on a scale provided and discuss any concerns with nurses.

Date & Time

Every Thursday from 5:30 p.m. – 6:30 p.m.

Location

MedStar Southern Maryland Hospital Center
7503 Surratts Road
Clinton, MD 20735
Located in the recreation area of 2 North (second floor of the hospital).

Registration

No registration required. Babies are welcome. For more information, please email childbirtheeducation@medstar.net or call 301-877-5740.

Childbirth Class – MedStar St. Mary's Hospital

Traditional class covers cover labor, delivery and beyond. Other Options:

Web-based option: Childbirth classes for parents-to-be who cannot attend our traditional classes or for couples looking for a refresher course. This easy to use web-based class shows real life examples of the labor and birth process.

DVD series: "The Gift of Motherhood" DVD series features information on understanding pregnancy, labor and delivery, comfort measures, medical terms and Cesarean-section birth. The course includes a rental of the DVD and a prepared childbirth book to keep.

Date & Time

Please call for class schedules

Location

MedStar St. Mary's Hospital - Health Connections
Classroom 25500 Point Lookout Road
Leonardtown, MD, 20650

Registration

Registration is required. Please call 301-475-6019

Childbirth Express – MedStar Montgomery Medical Center

This condensed version will prepare couples for their labor and birth experience. Class is presented in lecture/video format. To enhance what you learn, hands-on instruction available by taking the Lamaze Techniques class. Hospital tour included.

Date & Time

Please call for class schedules

Location

MedStar Montgomery Medical
Center 18101 Prince Philip Drive
Olney, MD, 20832

Registration

Registration is required. Please call 301-774-8881.

Complete Childbirth Preparation

Our six-week Complete Childbirth Preparation program prepares couples for a positive birthing experience. The program is designed to help expectant couples plan for labor, delivery, and how to care for a newborn. It includes sessions on breastfeeding and infant care as well as the birthing process and a tour of the Labor & Delivery Unit. Topics covered include: breathing and relaxation techniques, signs of labor, pain intervention, recovery, and what to expect postpartum. You will need a 75 cm exercise ball, two pillows and a floor mat. Couples should plan to attend a class that begins early in the third trimester.

Date & Time

Please call for class schedules

Location

MedStar Montgomery Medical
Center 18101 Prince Philip Drive
Olney, MD, 20832

Registration

Registration is required. Please call 301-774-8881.

Infant Care – MedStar Montgomery Medical Center

This class is designed to give a complete head-to-toe look at how to care for your little one and provide you with hands-on experience. Topics include bathing, feeding, diapering, safety issues, and much more.

Date & Time

Please call for class schedules

Location

MedStar Montgomery Medical
Center 18101 Prince Philip Drive
Olney, MD, 20832

Registration

Registration is required. Please call 301-774-8881.

Infant and Child CPR Class – MedStar Franklin Square Medical Center

This class prepares parents, daycare providers and loved ones to act in an emergency situation. This National Safety Council class meets the state requirements for daycare providers.

We offer the National Safety Council Infant and Child CPR course for ages 1yr - 8yr, which meet Maryland State requirements for daycare providers. If you have a child over the age of 8, you are required to take an Adult CPR course.

Date & Time

Please call for class schedules

Location

Community Wellness Center at MedStar Franklin Square
9000 Franklin Square Drive, 3rd Floor
Rosedale, MD 21237

Registration

Community Wellness Center at MedStar Franklin Square
9000 Franklin Square Drive, 3rd Floor
Rosedale, MD 21237

Infant Care and Safety – MedStar Franklin Square Medical Center

Learn basic infant care and safety measures. This class is designed for expectant parents, new parents, grandparents and babysitters. Topics covered include: hands on diapering and baby bath, normal newborn appearance, what to do when your baby cries, eating and sleeping, what to do when your baby gets sick and baby proofing your home. Support person are welcome and encouraged to attend.

Date & Time

Please call for class schedules

Location

Community Wellness Center at MedStar Franklin Square
9000 Franklin Square Drive, 3rd Floor
Rosedale, MD 21237

Registration

Registration is required. Please call 443-777-7900.

Infant CPR

Learn lifesaving CPR techniques and actions to help a choking infant.

Date & Time

Please call for class schedules

Location

MedStar St. Mary's Hospital - Education and Simulation Center
41550 Doctor's Crossing Road
Leonardtown, MD 20650

Registration

Registration is required. Please call 301-475-6020

Lamaze Class

This program will explore ways women can find comfort during labor and birth. You will learn about breathing patterns, position changes, relaxation techniques, and massage. Both you and your partner will learn strategies that will enhance the progress of labor.

You will need a 75 cm exercise ball, two pillows and a floor mat. All classes taught by a Lamaze Certified Childbirth Educator. (Note: This class will complement any childbirth class. You must have completed your childbirth class prior to this class.)

Date & Time

Please call for class schedules

Location

MedStar Montgomery Medical
Center 18101 Prince Philip Drive
Olney, MD, 20832

Registration

Registration is required. Please call 301-774-8881, option 4.

Prenatal Breastfeeding Class at MedStar Harbor Hospital

Taught by an Internationally Board-Certified Lactation Consultant and Registered Nurse. Mothers and their partners will learn the basics of breastfeeding their newborn, how to resolve common issues, and tips for returning to work. Snacks and refreshments provided. If you have any questions about the classes, please call 410-350-2234.

Date & Time

Please call for class schedules

Location

MedStar Harbor Hospital Baum Teleconference Room
3001 S. Hanover St
Baltimore, MD 21225

Registration

Registration is required. Call 410-350-2563 to register by phone.

Prepared Childbirth 4 week series – MedStar Franklin Square

Prepare for childbirth by attending a four week class for expectant couples. Learn what happens to the body and the baby during the final phases of pregnancy. Couples will be taught the importance of the birth partner and labor-coping techniques (breathing, relaxation, focusing and positioning) to help deal with labor and facilitate birth. Discover pain management choices. Time will be spent discussing when to go to the hospital, creating a flexible birth plan and what to expect after the baby is born. Classes are taught by a Registered Nurse who is also a Childbirth Educator.

Date & Time

Please call for class schedules

Location

Community Wellness Center at MedStar Franklin Square
9000 Franklin Square Drive, 3rd floor
Baltimore, MD, 21237

Registration

Registration is required. Please call 443-777-7900.

Prepared Childbirth Weekend Express – MedStar Franklin Square

Weekend Express was designed to fit your busy lifestyle and give you the information you need to prepare for the birth of your baby. Learn how to choose a birth plan that is right for you, how to reduce discomfort, and how to cope with your body's changes. You can learn all you need to know about birthing in our one day Weekend Express. Continental breakfast and lunch voucher is provided.

Date & Time

Please call for class schedules

Location

Community Wellness Center at MedStar Franklin Square
9000 Franklin Square Drive, 3rd floor
Baltimore, MD, 21237

Registration

Registration is required. Please call 443-777-7900.

Prepared Childbirth Class – MedStar Harbor Hospital

Taught by a Registered Nurse (RN), and Certified Childbirth Educator, this class will teach expectant mothers and their partners the basics of childbirth, comfort measures, and techniques to cope with labor. This class also includes a tour of the Women and Infants' Center and delivery suites. Expectant mothers are encouraged to bring their partners or a support person (someone who would be with her during labor).

Please wear comfortable clothing. Bring two pillows and a large beach towel or exercise mat. Also, participants are encouraged to bring water, lunch, and/or snacks for themselves. Breaks will be provided throughout the day.

Date & Time

Please call for class schedules

Location

MedStar Harbor Hospital
3001 S Hanover Street
Baltimore, MD 21225

Registration

Registration is required. Please call 410-350-3200.

Safe Sitter – MedStar St. Mary’s Hospital

MedStar St. Mary’s offers this program to teach adolescents ages 12 to 14 years old common sense babysitting tips, basic first aid and CPR.

Date & Time

Please call for class schedules

Location

St. Mary's Hospital - Health Connections
Classroom 25500 Point Lookout Road
Leonardtown, MD, 20650

Registration

Registration is required. Please call 301-475-6019.

Prenatal Childbirth & Tour – MedStar Southern Maryland

Through film, lecture, question & answer, and hands-on opportunities, our classes provide the expectant mother and her partner important information on the labor and birth process. This class will help prepare you for a positive birth experience. It is recommended that you take this class at the beginning of your second trimester. After class, come and enjoy a tour of the Women and Newborns Center. Your guide will escort you and your guests to view our Labor & Delivery rooms, the three nurseries, as well as the Mother-Baby Coupling Units.

Date & Time

Please call for class schedules

Location

MedStar Southern Maryland Hospital Center
Library 7503 Surratts Road
Clinton, Maryland 20735

Registration

Registration is required and we recommend that you contact us **by e-mail** or phone, **301-877-5740**, at the beginning of your second trimester.

Sibling Class at MedStar Franklin Square

This class is designed for children, ages 3-8, who are expecting a new baby in their family. Children will discover what to expect when their new brother or sister joins the family. The focus of the class is to help the child feel special and prepared. The class is fun for the children. They see a movie, read books, have snacks, and more.

Date & Time

Please call for class schedules

Location

Women's Pavilion at MedStar Franklin Square
9000 Franklin Square Drive
Baltimore, MD 21237

Registration

Registration is required. Please call 888-746-2852.

Women and Newborn's Center Tour

Come and enjoy a tour of the Women and Newborns Center. Your guide will escort you and your guests to view Labor & Delivery, the three nurseries- Admission Nursery, Regular Newborn Nursery, and the Neonatal Intensive Care Unit, as well as the Mother-Baby Coupling Units. As your guide provides you with information about the admission process, visiting hours, rooming-in, and available services, please feel free to ask any questions you and your family may have.

The tours are held the second and fourth Thursdays of every month at 6:15 P.M. and 7:15 P.M. We also hold a tour one Saturday a month at 4 P.M. The tours are free.

Date & Time

Please call to confirm class schedules

Location

MedStar Southern Maryland Hospital
Center 7503 Surratts Road
Clinton, Maryland 20735

Registration

Registration is required and we recommend that you contact us **by e-mail**, or by phone (301) 877- 5740 around your 24th week.

Community Seminars and Events

Harford County Health Department TOBACCO CESSATION CLASSES OFFERED MONDAY EVENINGS

Harford County Health Dept.- Conference Room Sessions:

1321 Woodbridge Station Way
Edgewood, MD. 21040

TIME: 6:00 – 7:30 p.m.
There are 6 sessions to this class.

WEDNESDAY AFTERNOONS

Inner County Outreach - Conference Room Sessions:

29 Edmund St.
Aberdeen, MD. 21001

TIME: 2:00 – 3:30 p.m.
There are 6 sessions to this class.

THURSDAY EVENINGS

Harford County Health Dept. & Univ. of Md. Upper
Chesapeake Medical Center, Patricia D.& M. Scot
Kaufman Cancer Center CALL EITHER 410-612-1781 OR
443-643-3350
TO REGISTER FOR THIS CLASS ONLY

Streett Conference Room
Sessions: Kaufman Cancer Center
500 Upper Chesapeake Drive
Bel Air, MD. 21014

TIME: 6:00 – 7:00 p.m.
NOTE: This is an 8-week class.

The Harford County Health Department offers these tobacco cessation classes at no cost to all tobacco users who want to quit. We request pre-registration for all classes. Nicotine patches, lozenges or gum may be available at no cost to those who qualify. For further information or to register, please call (410) 612-1781 weekdays between the hours of 8 a.m. and 4:30 p.m.

Cancer Care

Look Good, Feel Better at MedStar St. Mary's

The hospital partners with the National Cosmetology Association and the American Cancer Society for this free program for cancer patients in any stage of diagnosis or treatment. This seminar helps female cancer patients improve their appearance and self-image by learning hands-on beauty techniques to overcome side effects of chemotherapy and radiation.

Date & Time

Second Wednesday of each month, 7 p.m. – 8:30 p.m. *(Please call to confirm class schedules)*

Location

MedStar St. Mary's Hospital Outpatient Pavilion
25500 Point Lookout Road, Outpatient Pavilion, Cancer Care and Infusion Services
Leonardtown, MD 20650

Registration

Call 240-434-7247 to register.

Diabetes Education

Diabetes Prevention Program

A 12-month lifestyle-change program to help prevent or delay type 2 diabetes. Learn to eat healthy, add physical activity to your life, manage stress, stay motivated, and solve problems that can get in the way of healthy changes. Designed for those 18 years old or older, overweight, and at risk for developing type 2 diabetes or have been diagnosed with prediabetes.

The program meets weekly on Tuesdays at MedStar Franklin Square Medical Center in the Community Wellness Center on the 3rd Floor (enter through Garden Entrance) from 1-2 p.m.

Date & Time

Please call for class schedules

Location

MedStar Good Samaritan
Hospital 5601 Loch Raven Blvd
Baltimore, MD 21239

Registration

Registration is required. Call 443-777-7900 to register.

Diabetes Self Management Classes at MedStar Health Bel Air Medical Campus

Learn how to manage your diabetes through interactive classes taught by a certified diabetes educator. The classes are given in three sessions: Managing your Diabetes; Diabetes and health eating; Monitoring your blood glucose.

Date & Time

Every other Tuesday of each month, 3 – 5 p.m. *(Please call to confirm class schedules)*

Location

MedStar Health Bel Air Medical Campus
12 MedStar Boulevard
Bel Air, MD 21015
MAS-Bel Air Community Room 1100

Registration

Registration is required. Please call Elsa Cain at 410-933-3023 to reserve a spot.

Diabetes Support Group at MedStar Good Samaritan Hospital

This support group gives people living with diabetes the chance to solve problems, and share feelings, insights and experiences. They are open to anyone, including loved ones. This peer group meets once a month. Members receive a free, monthly newsletter.

Date & Time

Third Monday of each month, 2:30 – 4 p.m. *(Please call to confirm class schedules)*

Location

MedStar Good Samaritan Hospital - Good Health
Center 5601 Loch Raven Blvd, 2nd floor
Baltimore, MD, 21239

Registration

Registration is required. Call 855-212-8202 to register.

Diabetes Support Group Presented by MedStar Montgomery Medical Center

When you have Diabetes, it's very important to know your ABC's. Knowing and controlling your Hemoglobin A1c, Blood Pressure and Cholesterol help you manage diabetes better. Keeping your A1c level below 6.5%, maintaining your blood pressure less than 130/80 and keeping your LDL less than 100 is considered having good control. Come learn more at the next diabetes support group, provided by MedStar Montgomery Medical Center. Meetings are held at MedStar Health at Leisure World Blvd. 1st Floor Conference Room the last Thursday of each month from 1-2pm.

Date & Time

Last Thursday of each month, 1 – 2 p.m. *(Please call to confirm class schedules)*

Location

MedStar Health at Leisure World Blvd
3305 North Leisure World Blvd.
Silver Spring, MD 20906

Registration

Registration is required. To register by phone, or for more information, please call 301-774-8881.

Diabetes Support Group at MedStar Southern Maryland

Diabetes Support Group is a monthly group meeting for people with diabetes, pre-diabetes, or other risk factors for diabetes, and their friends and family members. The meeting typically focuses on a different diabetes-related topic each month, often hosting a guest speaker, and is a nice venue to connect with and network with others.

Diabetes Self-Management Education Program teaches individuals with diabetes how to manage their diabetes. A physician order is necessary for enrollment, and a one-on-one appointment with a Certified Diabetes Educator is scheduled prior to attending class sessions. The DSME Program hosts a free Annual Diabetes Expo every November.

Date & Time

Please call for class schedules

Location

MedStar Southern Maryland Hospital Center Library
7503 Surratts Road
Clinton, Maryland 20735

Registration

RSVP Required. Please call 301-877-5560.

Diabetes Support Group is free of charge. Light refreshments will be provided.

Life Balance Weight Management

This one-year program is based on the National Diabetes Prevention Program, designed for individuals who are at risk to develop type 2 diabetes and those who have been diagnosed with prediabetes. With the help of a lifestyle coach, participants are supported in their journey toward making positive changes related to nutrition, exercise, problem solving, and coping skills.

Date & Time

Every Wednesday, 2:30 p.m. – 3:30 p.m.

Please call to confirm class schedules

Location

Cherry Hill Library
6060 Cherry Hill Road
Baltimore, MD 21225

Registration

Registration is required. Please call **855-218-2435** to register.

Live Well with Diabetes and Hypertension

This seven-week, free workshop is designed for people living with diabetes and hypertension. Week one focuses on ways to manage and prevent hypertension. Weeks two through seven provide a variety of goal-oriented approaches to help individuals manage the day-to-day problems of diabetes. Topics include nutrition and carbohydrate counting, managing blood sugar, foot care, communication, problem solving, and complications of diabetes.

Date & Time

Please call to confirm class schedules

Location

Location varies

Registration

Registration is required. Please call **855-218-2435**.

Living Well Program: Diabetes Self Management Presented by MedStar Montgomery Medical Center

Our FREE six-week workshop is for people living with diabetes. Learn how to manage weight, monitoring & other skills

Date & Time

Please call to confirm class schedules

Location

MedStar Health at Leisure World
3305 N Leisure World Blvd.
Silver Spring, MD 20906

Registration

Registration is required. Please call **301-774-8881**.

Exercise and Nutrition

Bariatric Education Seminar at MedStar Bel Air

Please join us for a free bariatric education seminar to learn more about the different options available for surgical weight loss. Here, you can get the information needed to determine if you are a candidate for bariatric surgery. Our team of specialists will discuss topics such as diet, nutrition, exercise and behavior modifications. A bariatric surgeon will be on hand to discuss the procedures available and to answer your questions. Support members are invited as well. Please note that you are required to attend an education seminar prior to scheduling your first appointment with us.

Date & Time

First Friday of the month from 1 p.m. – 3 p.m. (Please call to confirm class schedules)

Location

MedStar Health Bel Air Medical Campus
12 MedStar Blvd.
Bel Air, MD 21015

Registration

Call 443-777-7900 or go to <https://medstarfranklinportal.patrx.com/Seminar> to register.

Bariatric Education Seminar – MedStar Franklin Square

Please join us for a free bariatric education seminar to learn more about the different options available for surgical weight loss. Here, you can get the information needed to determine if you are a candidate for bariatric surgery. Our team of specialists will discuss topics such as diet, nutrition, exercise and behavior modifications. A bariatric surgeon will be on hand to discuss the procedures available and to answer your questions. Support members are invited as well. Please note that you are required to attend an education seminar prior to scheduling your first appointment with us.

Date & Time

Every second Wednesday of the month from 6 p.m. – 8 p.m. (Please call to confirm class schedules)

Location

Bariatric Education Room at MedStar Franklin Square
9103 Franklin Square Drive
Suite 306
Baltimore, MD 21237

Registration

To register, call 443-777-7900

Bariatric Information Session hosted by MedStar Montgomery Medical Center

Our goal is to provide you the opportunity to learn about all of the tools, resources and support options available to those battling obesity. You'll hear from expert bariatric surgeons, who will discuss the criteria needed to qualify for surgery, effectiveness of having surgery and strategies for lifestyle changes. You will also learn about medical weight loss program options.

Date & Time

Please call for class schedules

Location

MedStar Health at Brandywine
13950 Brandywine Rd.
Brandywine, MD 20613

Registration

Registration is required. To register for in-person seminar please call 301-774-8881.

Health Happy Hour with MedStar Southern Maryland

Learn how to achieve and maintain a healthy lifestyle and lower risks that negatively impact your health. Each month we explore health and wellness topics and interactive activities designed to empower you to take control of your health. FREE screenings also provided.

Physician consent required. Please bring signed consent form to first class.

Date & Time

Every second Saturday of the month from 9 – 11 a.m. *(Please call to confirm class schedules)*

Location

District 5 Police Station
6707 Groveton Drive
Clinton, MD 20735

Registration

Please call Rose Dodson at 301-374-9098 for more information and to register. Walk-ins welcome.

Tai-Chi for Health (Hosted by MedStar Montgomery Medical Center)

This free meditative exercise program is designed for seniors 55 and older. It will help improve balance, coordination, flexibility, and range of motion, and it will increase strength by making your movements more efficient. Wear comfortable, loose-fitting clothing and flat shoes.

Students should be able to stand for 30 minutes at a time. Physician consent required. Please bring signed consent form to first class.

Date & Time

Every Tuesday, 11 a.m. – 12 p.m. *(Please call to confirm class schedules)*

Location

Mid-County Community Recreation Center
2004 Queensguard Rd.
Silver Spring, MD 20906

Registration

Call 310-774-8881 to register.

Zumba Gold (Hosted by MedStar Montgomery Medical Center)

Zumba Gold is an exciting 60-minute dance-fitness workout featuring upbeat Latin and world rhythms, while allowing you to move to the beat at your own pace. You'll enjoy the easy-follow-program that provides a great workout with invigorating music and dance moves! The Longwood Recreation Center is pleased to continue offering Zumba Gold through a generous sponsorship by MedStar Montgomery Medical Center and a partnership with HPSI, Inc.

Date & Time

Every Monday and Wednesday, 9 a.m. – 10 a.m. *(Please call to confirm class schedules)*

Location

Longwood Recreation Center
19300 Georgia Ave.
Brookeville, MD 20833

Registration

To learn more about the program or to register please contact the Longwood Recreation Center front desk at 240-777-6920.

Orthopedic Health**Get Your Spine in Line with MedStar Union Memorial Hospital**

Learn about common causes of spine pain and options for relief including non-surgical treatments, injections, and the latest surgeries.

Date & Time

Please call for class schedules and locations.

Registration

Call 877-34-ORTHO (877-346-7846) to register for a class near you.

Tools for Shoulder Pain presented by MedStar Union Memorial Hospital

Learn about the latest shoulder treatments, including medication, physical therapy, outpatient and minimally invasive surgery.

Date & Time

Please call for class schedules and locations.

Registration

Call 877-34-ORTHO (877-346-7846) to register for a class near you.

When You and Pain are Joined at the Hip (or Knee) presented by MedStar Union Memorial Hospital

Learn if arthritis is causing your hip or knee pain, and your options for relief including non-surgical treatments and the latest in robotic surgery.

Date & Time

Please call for class schedules and locations.

Registration

Call 877-34-ORTHO (877-346-7846) to register for a class near you.

Support Groups

Amputee Support Group

This support group features lively and engaging conversations relevant to those coping with amputation, and their loved ones.

Date & Time

Held on the fourth Wednesday of each month, 1:30 p.m. – 3 p.m.

Please call for class schedules.

Location

MedStar Good Samaritan Hospital

Good Health Center, Room B

5601 Loch Raven Blvd

Baltimore, MD, 21239

Registration

Call 443-444-4100.

Bariatric Surgery Support Group at MedStar St. Mary's

Hosted by the Bariatric Surgery Team at MedStar Washington Hospital Center, this is your first step in the bariatric surgical process. Learn about the process, options and meet the team.

Date & Time

Second Saturday of the month from 10 a.m. – 11 a.m. *(Please call to confirm class schedules)*

Location

MedStar St. Mary's Hospital
25500 Point Lookout Road, Outpatient Pavilion, 2nd Floor
Leonardtown, MD 20650

Registration

To register, call 301-475-6019.

Bereavement Support Group at MedStar Harbor Hospital

For anyone going through the grief process after the loss of a loved one. Find some support from others who are going through the same situation, as well as with a hospice representative.

Date & Time

Every month on the second Wednesday, 7 to 8:30 p.m. *(Please call to confirm class schedules)*

Location

MedStar Harbor Hospital - Baum Auditorium
3001 S. Hanover Street
Baltimore, MD 21225

Registration

Please call 1-888-523-6000 or email maikins@seasons.org to register or for more information.

Cancer Support Group at MedStar St. Mary's

MedStar St. Mary's and the American Cancer Society offer a support group for cancer patients, their family members and friends. The group is facilitated by associates from Cancer Care & Infusion Services and Case Management.

Date & Time

First Monday of each month, 7 p.m. – 8:30 p.m. *(Please call to confirm class schedules)*

Location

MedStar St. Mary's Hospital Outpatient Pavilion
25500 Point Lookout Road, Outpatient Pavilion, Cancer Care and Infusion Services
Leonardtown, MD 20650

Registration

Call 240-434-7247 to register.

Caregiver Support Group at MedStar Good Samaritan Hospital

Learn how to thrive while caring for a loved one. You can bring your loved one to socialize in our activity group for people with dementia, which is held at the same time as the caregiver group.

Date & Time

Please call for class schedules and locations.

Location

Center for Successful Aging – Russell Morgan Bldg, 5th Floor, Suite 502
5601 Loch Raven Boulevard
Baltimore, 21239

Registration

To register, call 443-444-4720.

Chronic Illness Support Group at MedStar Montgomery Medical Center

Many people live with chronic illnesses, such as diabetes, COPD, CHF/heart disease, stroke, kidney disease/ESRD, or sickle cell anemia. Chronic illness can affect all aspects of your life and dealing with it can be very challenging. Through support and education Ali Karpa, CRNP, a cardiovascular nurse practitioner and Debbie Chakalakis RN, a certified diabetes educator at MedStar Montgomery Medical Center will lead a monthly support group to discuss issues faced by those and their family who live with chronic illnesses. Our goal is to assist our patients in identifying and coping with these issues.

Date & Time

First Wednesday of the month from 6 p.m. – 7 p.m. *(Please call to confirm class schedules)*

Location

MedStar Montgomery Medical Center
18101 Prince Philip Drive
Olney, MD 20832

Registration

To register please call 301-774-8881 or visit MedStarMontgomery.org/classes.

Freshstart® Smoking Cessation Program

Freshstart, a free, four-week program, is designed to help smokers plan a successful quit attempt by providing essential information, skills for coping with cravings, and group support.

Date, Time, & Location

Please call for class schedules and locations.

Registration

Call 855-218-2435 to register.

Infant Loss Support Group at Hospice of St. Mary's

Sponsored by Hospice of St. Mary's and Footprints of Faith, the group's goal is to help those who have experienced miscarriage, stillbirth, or infant loss to learn positive approaches to grieving in order to support themselves and each other through the mourning process.

Date & Time

Please call for class schedules (Six-week schedule)

Location

MedStar Franklin Square Medical Center – Crawford Conference
Center 9000 Franklin Square Drive
Baltimore, MD, 21237

Registration

Registration is required. Space is limited — please call Hospice of St. Mary's to sign up at 301-994-3565.

Mental Health Support Group at MedStar Southern Maryland

The NAMI/Mental Health Support Group is for family members and caregivers of those with mental health disorders.

Date & Time

Third Wednesday of the month, 6:30 – 8 p.m. *(Please call to confirm class schedules)*

Location

MedStar Southern Maryland Hospital Center
Hospital library (ground floor)
7503 Surratts Road
Clinton, MD 20735

Registration

Call 301-429-0970 with any questions.

Parkinson's Support Group at MedStar St. Mary's

CONNECT with other caregivers and individuals diagnosed with Parkinson's disease.
SHARE ideas and experiences to help foster a better quality of life.
GUEST SPEAKERS will discuss topics relevant to those impacted by Parkinson's.

Date & Time

Second Tuesday of Every Month from 6 p.m. – 7p.m, *please call to confirm class schedules.*

Location

MedStar St. Mary's Outpatient Pavilion
25500 Point Lookout Rd
Leonardtown, MD 20650

Registration

Call 301-475-6019 for more information.

Prostate Cancer Support Group at MedStar Southern Maryland

A chance to connect with a community of people with a similar diagnosis who gather together to share knowledge, encouragement, and emotional comfort.

Date & Time

Second Tuesday of every month from 6:30 p.m. to 8:30 p.m.

Please call to confirm class schedules

Location

MedStar Southern Maryland Hospital Center

7503 Surratts Road

Clinton, MD 20735

Located in the hospital library (ground floor).

Registration

Call 301-374-9098 with any questions.

Recovery Support Group at MedStar Southern Maryland

The Recovery Support Group at MedStar Southern Maryland Hospital Center provides support for adults seeking recovery support for mental health conditions.

Date & Time

Third Wednesday of the month, 6:30 – 8 p.m. *(Please call to confirm class schedules)*

Location

MedStar Southern Maryland Hospital Center

7503 Surratts Road

Clinton, MD 20735

Registration

Call 301-429-0970 with any questions.

Stop Smoking Support Group

This free Stop Smoking Support Group is designed to help those who have stopped smoking and need extra encouragement.

Date & Time

Please call for class schedules.

Location

MedStar Franklin Square Medical Center – Family Health
Center 9000 Franklin Square Drive
Baltimore, MD, 21237

Registration

Call 443-777-7900 to register.

Smoking Cessation Program at MedStar Franklin Square Medical Center

Are you ready to be smoke-free? Stop Smoking Today is a six-week program taught by Michelle L. Holcomb, RN, BSN, BS, TTS, Education Specialist, Tobacco Treatment Specialist. The program is designed to provide highly motivated adults with practical counseling, support and the encouragement needed to become smoke-free.

Date & Time

Please call for class schedules

Location

MedStar Franklin Square Medical Center – Family Health
Center 9000 Franklin Square Drive
3rd Floor, Conference Room #398
Baltimore, MD, 21237

Registration

Registration is required. To register call 410-933-2030.

Stroke Support Group with MedStar Good Samaritan Hospital and MedStar Union Memorial Hospital

Meet with stroke survivors and caregivers to help one another.

Date & Time

Meetings are held monthly on the first Thursday of the month from 1 p.m. – 2:30 p.m.

Registration

Call 855-212-8202 for locations and to register.

Stroke Support Group at MedStar Harbor Hospital

Every month we will have different topics and guest speakers to discuss nutrition, smoking cessation, therapy, and medications. We're here to help, please bring your questions!

Date & Time

Meetings are held monthly on the first Tuesday of the month from 6 – 7 p.m.

Location

MedStar Harbor Hospital Baum Teleconference Room
3001 S. Hanover St
Baltimore, MD 21225

Registration

For more information, or if you have questions, please call 410-350-7712.

Stroke Support Group at MedStar Southern Maryland

Our monthly meetings provide support, education and understanding to individuals who have suffered a stroke, as well as their family members and care givers. All meetings are located in the hospital library on the ground floor.

Date & Time

Meetings are held monthly on the last Thursday of the month from 5 – 6:30 p.m.

Location

MedStar Southern Maryland Hospital Center
7503 Surratts Road
Clinton, MD 20735

Registration

Please RSVP at 301-877-5858.

Weight Loss Support Group hosted by Southern Maryland Hospital Center

This is a solid support system for long-term weight loss success. Meetings include open discussions about weight loss information and activities to promote a healthy lifestyle, discussions with health and weight loss professionals, and surgery-related issues for those who have had or are considering weight loss surgery.

The support group is a free service provided in partnership by MedStar Montgomery Medical Center and MedStar Southern Maryland Hospital Center.

Date & Time

Please call for class schedules

Location

MedStar Health at Brandywine

13950 Brandywine Rd.
Brandywine, MD 20613

Registration

For more information, or to register by phone, call 301-774-8881.