



A MEMBER OF JOHNS HOPKINS MEDICINE

May 16, 2022

Classes & Events

*Unless noted, classes and events will be held via Zoom.
Links will be provided to registrants prior to the event.*

Read the [COVID-19 Safety Plan](#) for in-person classes.



[REGISTER](#)

19th Annual Men's Health Symposium

Tuesday, June 9

7–8 p.m.

Free!

Join us for our Annual Men's Health Symposium, featuring Suburban Hospital medical staff as they discuss the keys to a healthy lifestyle to keep your engine running smoothly for years to come. *This program is generously supported by the Frederick H. Bowis Community Fund.*

Diabetes Programs

Prioritize Your Health



Diabetes can be quite challenging to manage. Whether it be eating a healthy balanced diet, getting plenty of physical activity, or monitoring your glucose level, all of it can be quite daunting. Get the help you need to manage your health with Suburban's [Diabetes Self-Management Training](#) (DSMT). Call Suburban's Outpatient Diabetes Services at 301-896-6032 to learn more.



**REGISTRATE:
llame al 301-896-2849**

**Diabetes Thrive 365
en Español**

Miércoles, 18 de mayo
6–7 p.m.
¡Gratis!

Prospera con tu diabetes los 365 días del año con nuestro grupo de apoyo en Español.



REGISTER

Diabetes Thrive 365

Wednesday, June 8
6–7 p.m.
Free!

Facilitated by a Certified Diabetes Educator, this meeting is held on the second Wednesday of each month and features guest speakers discussing a variety of topics important for living well with diabetes.



REGISTER

Type 1 Diabetes Peer Support Group

Wednesday, May 25
7:30–9 p.m.
Free!

Are you living with type 1 diabetes or raising a child with type 1 diabetes? Join us for an informal conversation to share information and connect with others who have similar concerns.

Healthy Lifestyles



REGISTER

Peripheral Neuropathy Support Group of Bethesda/Chevy Chase

Thursday, May 19
7–8 p.m.
Free!

Share experience, information and hope about PN treatments and self-help coping remedies.



Yoga from the Heart

Mondays, May 23 – July 25
5:30–6:30 p.m.
\$70

REGISTER

Thursdays, June 16 – Aug. 4
5:30–6:30 p.m.
\$70

REGISTER

This gentle yoga class teaches ways to manage physical, emotional and spiritual stress following a cardiac event or heart disease diagnosis.



Dine, Learn & Move

Eating for Mental Health

Wednesday, May 25

6–7:30 p.m.

Free!

Get your heart pumping with a fitness activity, watch a live cooking demonstration and receive health and wellness tips. May is Mental Health Awareness Month and we will discuss the connection between making healthy choices and mental wellness. Email wellnessinfo@co.pg.md.us to register.

Senior Exercise



REGISTER

Intermediate Taiji class

Mondays, May 16 –

June 27

2–3 p.m.

\$75

Held in person at the [Jane E. Lawton Community Center](#).

Participants will practice the first of the three Taiji two-person exercises, Tui Shou (Push Hands). Students must know a complete Taiji solo form to participate.



REGISTER

Tai Chi

Thursdays, May 19 –
June 23
10:30–11:30 a.m.
\$75

Held in person at the [Jane E. Lawton Community Center](#).

Improve your memory, coordination, balance and flexibility through Tai Chi using gentle, flowing movements. Wear loose clothing and comfortable shoes.



REGISTER

Oasis Hiking Group

Fridays (bi-weekly), June 3 – July 29
10:30–11:30 a.m.
\$15

Join members of Washington Metro Oasis for biweekly walks in beautiful outdoor locations including the C&O Canal, Locust Grove and Seneca Creek State Park. Proof of vaccination is required to participate. For more information, contact Oasis at washingtonmetro@oasisnet.org or 240-800-3745.

Health Education Webinars



REGISTER

Best Foot Forward

Thursday, May 26
1–2 p.m.
Free!

Podiatrist [Adam Isaac, DPM](#), will discuss common problems that can affect your mobility and comfort. Get your questions answered about bunions, hammertoes, fungus and corns, and learn about the importance of foot hygiene and proper shoes.



REGISTER

Keep Your Eye on the Prize

Wednesday, June 8
1–2 p.m.
Free

Ophthalmologist [Mona Kaleem, M.D.](#), of the [Wilmer Eye Institute](#) will discuss the impact of glaucoma on eye health, including diagnosis, prevention and treatment.

Addiction Treatment Programs



Alcohol & Other Drugs Seminar

This educational seminar for 13-18 year olds and their families teaches how drugs affect the body, the legal aspects of substance use, and how substance use can impact your life and goals. Email bkane@jhmi.edu to learn more.

