



SUBURBAN HOSPITAL

A MEMBER OF JOHNS HOPKINS MEDICINE

September 7, 2021

Virtual Zoom Classes & Events

Zoom links to the events listed below will be provided to registrants prior to the event

Diabetes Programs



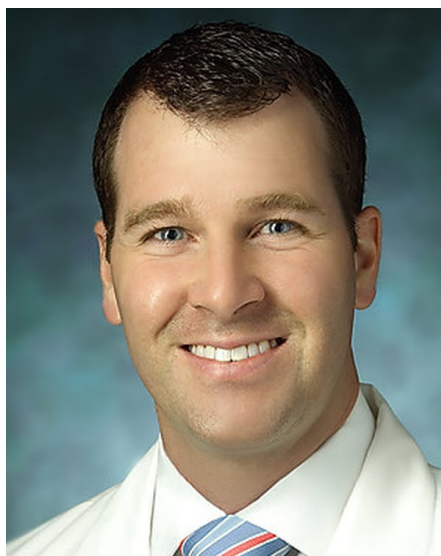
REGISTER

Type 1 Diabetes Peer Support Group

Wednesday, Sep. 29
7:30–9:00 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.

Health Education Webinars



REGISTER

Best Foot Forward

Thursday, Sep. 23
1–2 p.m.
Free!

Orthopaedic surgeon [John Thompson MD](#), will discuss treatment options to slow the progress of arthritis and relieve symptoms, allowing you to manage pain for an active and fulfilling life.



REGISTER

Stay Firm on Your Feet

Tuesday, Sep. 21
1–2 p.m.
Free!

Learn about common medical conditions and injuries that can impact your balance. Get tips for improving balance and avoiding falls from a Suburban Hospital physical therapist.

Healthy Lifestyles



REGISTER

Yoga from the Heart

Mondays, Sep. 20 –
Nov. 1
5:30–6:30 p.m.
\$70

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



REGISTER

Pilates for Seniors

Tuesdays, Sep. 14 –
Oct. 19
Tuesdays, Oct. 26 –
Nov. 30
11:15 a.m.–Noon
\$60

Learn gentle movements to strengthen the core, lengthen the spine, and build muscle tone while improving posture and increasing flexibility.



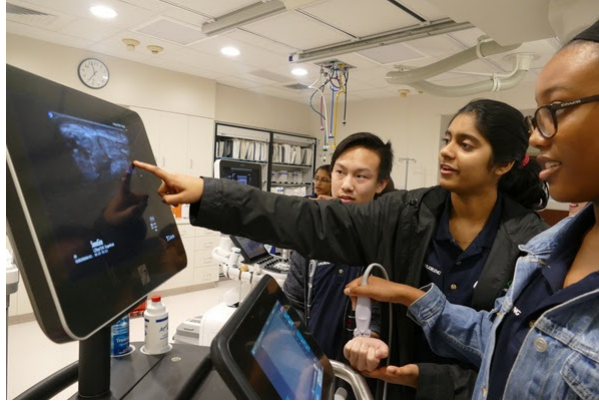
Dine, Learn & Move

The Truth About Supplements

Wednesday, Sep. 22
6–7:30 p.m.
Free!

Get your heart pumping with a fitness activity, watch a live cooking demonstration and receive tips for making healthy choices. This month, learn how to make mindful decisions about incorporating vitamins and supplements into your wellness routine. Email wellnessinfo@co.pg.md.us to register.

Special Events



[REGISTER](#)

Medical Exploring Program Information Session

Monday, Sep. 13
6–7 p.m.
Free!

Join us for an information session on the Medical Exploring Program, which provides high school students interested in health and medicine the opportunity to learn about the field from physicians, surgeons and other health care professionals.

CONVERSACIONES sobre Covid-19



JOHNS HOPKINS
MEDICINE

Facebook Live Discussion:

Conversaciones sobre COVID-19 **(Conversations About COVID-19)**

Wednesday, Sep. 15
5–6 p.m.
Free!

Join us on the [El Tiempo Latino Facebook page](#) for a meaningful conversation about the impact of COVID-19 on the Hispanic/Latino community.



REGISTER

16th Annual Prostate Cancer Symposium

Monday, Sep. 27
7–8:30 p.m.
Free!

The 16th Annual Prostate Cancer Symposium features [Christian Pavlovich, MD](#), Director of the Prostate Cancer Active Surveillance Program and Fellowship Director of Urologic Oncology for the [Brady Urological Institute](#) at Johns Hopkins Medicine. Dr. Pavlovich will discuss genetic testing for men with prostate cancer and how it impacts treatment approaches.

Addiction Treatment Programs



Alcohol & Other Drugs Seminar

This education seminar for 13–18 years old 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.



Concerned Persons Program

Find out how you can help a loved one coping with substance abuse disorder. Contact bkane@jhmi.edu with questions about this free program and how to participate.

Cancer Support Groups and Programs



REGISTER

Talk & Walk

Breast Cancer Support Group

Friday, Sep. 24
10:30 a.m.–Noon
Free!

Get the latest updates on breast cancer treatment, research and nutrition; meet other breast cancer survivors; and share your experiences in this virtual meeting. Contact Jamie Borns at jborns1@jhmi.edu or 301-896-6798 for additional information.



REGISTER

Prostate Cancer Support Group

Monday, Oct. 18
4–5 p.m.
Free!

Suburban Hospital oncology dietitian Lara Snead will share how nutrition can support a healthy immune system.



Young Adult Breast Cancer Support Group

Wednesdays, Sep. 15 &
Oct. 20
6–7 p.m.
Free!

This support group, which meets the third Wednesday of each month, provides a place for patients in their 20s – 40s in active treatment for breast cancer to share similar experiences and gain support. Contact Janie Meiser at 202-660-5742 or jmeiser2@jhmi.edu to register and learn more.



Metastatic Cancer Discussion Group

Mondays, Sep. 27 & Oct. 25
1 to 2 p.m.
Free!

This support group for patients and caregivers meets the fourth Monday of every month to discuss living and coping with advanced cancer. Contact Liz Single at 202-660-7839 or esingle6@jhmi.edu for more information and to register.



Community Health Survey

Montgomery County hospitals are working together to gather information to better understand the health and community needs of the residents we serve. The information collected will be compiled into a Community Health Needs Assessment (CHNA) report. The CHNA helps us plan and deliver programs and services that are important to you. We invite you to participate in this process by completing an anonymous survey. The survey is short and easy to complete. Thank you for your participation.

To access the survey, please use the link below or the QR code.

<https://bit.ly/healthmoco2021>



SCAN ME



Encuesta sobre la salud comunitaria

Los hospitales del condado de Montgomery están trabajando juntos para recopilar información con el fin de entender mejor las necesidades de salud y necesidades de la comunidad de los residentes a los que servimos. La información recolectada será compilada en un informe de evaluación de las necesidades comunitarias de salud pública (CHNA, por sus siglas en inglés). La CHNA nos ayuda a planificar y ofrecer programas y servicios que son importantes para usted. Le invitamos a participar en este proceso rellenando una encuesta anónima. La encuesta es breve y fácil de rellenar. Gracias por su participación.

Para participar en la encuesta use el enlace o el código QR.

<https://bit.ly/saludmoco2021>



For additional classes and events, please visit

EVENTS.SUBURBANHOSPITAL.ORG

or call 301-896-3939.

Are you looking for additional opportunities to connect with others? Browse through the [Sibley Memorial Hospital Events page](#) and [Washington Metropolitan OASIS catalog](#) for more virtual offerings.

[Zoom FAQs](#)

Class Policies

**8600 Old Georgetown Road | Bethesda, MD 20814
301-896-3100**