



Registration begins Aug. 19, 2013
www.calverthospital.org

KeepWell

Healthy for Life.



Community Health Fair
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Christine Alvey of Dickinson Jewelers drinks more water and measures her servings

KeepWell@Work
Small Steps Make Big Changes/Pg. 2



Community Connections



KeepWell @ Work Partners with Local Businesses

"I have more energy and I definitely feel more up," said Christine Alvey, an inventory specialist at Dickinson Jewelers after losing 11.5 pounds and 2.3 percent body fat as part of the company's KeepWell@Work program through Calvert Memorial Hospital.

Calvert Memorial Hospital started the KeepWell@Work program in 2006 to help local employers promote healthy habits among their workforce. Since its inception, the innovative program has continued to grow and each year more companies – large and small – are choosing to partner with the hospital. Last year, over 1,100 participants took advantage of worksite wellness services that ranged from biometric testing and

CMH can design and implement a worksite wellness program that meets your organization's needs and optimizes your employees' wellness potential.

For more information, call 410-535-8233.

health risk assessments to weight loss education and stress management lectures. "I'm so proud of how far I've come," said the 34-year-old Lusby resident, who participated in a 12-week program with her co-workers at the Dunkirk store. The worksite wellness program included weigh-ins every Tuesday before they opened along with a nutrition and exercise presentation by CMH health educator and personal trainer Theresa Moran followed by an open discussion that allowed time for personal questions.

"The big takeaway for me was the

education," said Alvey. "I knew about serving sizes and portions but they explained it in a way that I was able to stick to an eating plan."

She went on to add, "I liked that they brought us new information every week. It kept the program interesting and fresh. We got charts of the correct serving sizes and portions of different foods that helped me modify the amount I ate at each meal."

Additionally, there were weekly activities or challenges that reinforced some aspect of weight loss such as making healthy eating choices, how food journaling helps you to keep track and avoid mindless eating, the importance of adding exercise and getting enough sleep.

According to Moran, 95 percent of the participants at Dickinson's lost weight and body fat but Alvey showed the most significant improvement.

What was the key to her success?

"I just started paying attention to what I was eating and kept a food journal using an app on my iPad," said Alvey. "It really calls you into focus." She also cut back dramatically on sodas and now drinks a lot more water. In fact, the store has upped its monthly water order by 50 percent.

She stressed that reading labels is also very important. "It's not just about the calories," said Alvey. "You also have to pay attention to the sugar and sodium content." Toward the end of the 12-week challenge, she started adding more physical activity like biking with her son. She also credits her co-workers with keeping her motivated. "They were so supportive."

"The best thing about the KeepWell@Work program was the staff," she said. "They were so encouraging and very flexible in their approach. They helped me find the strategies that work for me and that I can maintain."



Christine Alvey (at left) keeps a food journal and gets support from co-worker Alison Setzer to stay focused and motivated.



People, Programs and Services in Your Community

❖ DINNER WITH THE DIETITIAN: A Nutrition Series Register at 410-535-8233.

PHC, \$10 per session or \$25 for all three. Includes light dinner and **NEW** cooking demonstration.

What are the Healthiest Foods to Eat? Learn about the best foods to eat for your overall health. *Cooking Demonstration:* Go Nuts for Your Heart (Raw Brownies).
Thursday, September 26, 6:30– 8:00 p.m.

Should I be following the Mediterranean Diet? Learn why the Mediterranean diet has long been considered one of the healthiest diets and lifestyles. *Cooking Demonstration:* Eat Greek! (Mediterranean Antipasto Salad).
Thursday, October 24, 6:30– 8:00 p.m.

Holiday Treats Without the Guilt! Learn simple ingredient swaps that will make your favorite holiday treats healthier. *Cooking Demonstration:* Happy Holidays (Twists on Holiday Favorites).
Thursday, November 14, 6:30– 8:00 p.m.

Calvert's **Biggest Loser** Fall Challenge Co-sponsored by the World Gym

Twelve weekly weigh-ins with nutrition and exercise handouts provided. Winners determined by greatest percentage weight loss and body fat loss and participation in weekly weigh-in. A **Total Wellness Package** (free one-year World Gym membership, four consultations with a registered dietitian and four personal trainer sessions) will be awarded to the top loser. Each participant will receive an initial and final body composition measurement, a free copy of *The Culprit and The Cure* and three months' access to *Vitabot* online meal planning and nutritional analysis.

All participants must complete an initial weigh-in and body composition analysis during the first week (September 9 -13).

Dates: September 16- December 7
Owings and Prince Frederick locations. Dates and times will vary based on program participation.

- \$80 (includes a three-month Matinee (11 a.m. -3 p.m.) membership for non-World Gym members)
- \$60 (includes only Challenge, no membership)
- \$45 World Gym member price

Call 410-535-8233 for program details.



Did you know?
If you eliminate 100 calories a day, you could lose 10 lbs in one year!

NEW! Maintain Your Frame

Don't let weight gain ruin your holiday season. Weekly weigh-ins and holiday survival tips provided. \$15, World Gym, Owings & Prince Frederick locations, Mondays, December 9–January 6. Times vary. Call 410-535-8233.



Do you struggle with diabetes? Knowledge is power. We can help!

Join us for a free information session about the importance of diabetes care and meet our Diabetes Educator, Rose Essex, RN. **Door prizes and snacks provided.**

September 5 7-8 p.m.
October 3 7-8 p.m.

Patuxent Health Center
Call **410-535-8233** to register.

For more information or to make an appointment, call the
Diabetic Help Line:
410-414-4809



Community Connections

WELLNESS PROGRAMS

Freedom From Smoking Free program in collaboration with the Calvert County Health Department to learn to stop using tobacco. You will be provided the support, education and cessation products to help you quit for good. Call 410-535-5400 x359 for more information.

Wednesday, Sept. 4 – Oct. 23 and Nov. 6 - Dec. 18, Noon – 2 p.m. and 6 – 8 p.m. Holiday Inn Express, Prince Frederick, MD



Tobacco Road Show Keep your kids tobacco-free! Let them see the sludge, smell the stench, gasp for air and hear the chilling effects of tobacco use in this 50-minute interactive demonstration. Available upon request for groups of children ages 6 to 16. Free. Call 410-414-4572.

Diabetic Self-Management Program Certified American Diabetes Association course about nutrition, medications and monitoring. Also offers practical tips for setting goals and avoiding complications. Taught by a certified diabetic educator. Call 410-414-4809. Physician referral required.

"TLC" Exercise Program Designed to meet the needs of individuals with heart disease, arthritis, diabetes, obesity, high cholesterol or high blood pressure. After you obtain physician's consent, our certified trainer measures your fitness level* and develops an exercise program for you. Supervised exercise is available Wednesdays and Fridays from 9 a.m. to noon. Work out at your own pace for a duration right for you. \$25/month. Call 410-535-8233 to register.

*Fitness assessment required prior to beginning program. Additional \$25 fee.

Cardiac/Pulmonary Rehab Program Individualized, tailored exercise programs for cardiac and pulmonary rehab patients with supervised medical monitoring to increase endurance, stamina and improve quality of life. Physician referral required. Insurance benefits welcome; staff will verify coverage. Call 410-414-4527.

Heart Failure Self-Management Class Our goal is to educate and provide answers to questions patients and their families have about congestive heart failure (CHF). We will review easy ways to take control of your care and prevent the need for a hospital admission or readmission. It is often overwhelming and difficult to retain information during a hospitalization. This is an opportunity to learn in a comfortable stress-free environment. Free. Meets 2nd Friday of every month from noon – 2:30 p.m. Call 410-535-8233 to register.



Ask the Nurse is a free, on-site service provided by CMH at Calvert County Senior Centers. Registered nurses provide confidential answers to your health-related questions. Contact your local senior center at the numbers below for more information.

Tuesdays: 10 a.m. - noon. Southern Pines Senior Center, Lusby, 410-586-2748

Fridays: 9:30 - 11:30 a.m. Calvert Pines Senior Center, Prince Frederick, 410-535-4606

Tuesdays: 10 a.m. - noon. North Beach Senior Center, North Beach, 410-257-2549

Health Ministry Team Network



Partnering with Area Ministries to Build a Healthier Network

• Monthly Meetings

CMH, Classroom 1, 5:30 – 7:30 p.m.
Fourth Thursday of the month:

**August 22 • September 26 and
October 24**

For information or to register:

410-535-8233.

Light dinner provided.

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Calvert Memorial Hospital and
Middleham /St. Peter's Parish Present

• Community Health Fair

**Saturday, September 14
9 a.m. – 1 p.m.**

Middleham / St. Peter's Parish Great Hall
located on Trueman Road, Lusby, MD.

FREE Health Screenings:

Health Risk Assessments (height, weight, blood pressure, body composition) • Vascular Risk Screening • Pulmonary Function Testing • Vision and Hearing Testing • Dental Clinic • Lab tests for HbA1C and Cholesterol offered from 8 a.m. — 10 a.m. (this is a fasting lab test, do not eat or drink the morning of the test except for water) • Derma Scan (skin damage related to sun exposure)

Education Displays:

Ask The Dietitian • Diabetes • Ask a Vet (Pet Care)
Bike safety and free car seat checks by the Sheriff's Dept and so much more!

Participating Organizations:

Lion's Club • Calvert Co. Health Department • Office on Aging • American Radiology Services

Middleham and Saint Peter's
EPISCOPAL PARISH
Our Parish



**Call today to learn more about how
your church can help transform the
health of Calvert County.**



❖ SUPPORT GROUPS

Whatever your experience, you don't have to go it alone. Join a group where people help each other by sharing. *Free*

Amputee Support CMH, 2nd Tuesday of each month, 6–7:30 p.m. For information, call Scarlett Schall, RN, at 410-535-8210 or 301-855-1012 x8210. For topics and speakers, call 410-414-4670.

Breast Cancer Support CMAC, Center for Breast Care, 1st & 3rd Tuesday of each month, 6:30–8 p.m. Call Joyce Gradle, LCSW, 410-474-4569.

Breast Cancer Support for Newly Diagnosed CMAC, Center for Breast Care, 1st Wednesday of every month, 6–7:30 p.m. Call Mary Lingeback, RN, at 410-414-4700.

Breastfeeding Support CMH Family Birth Center, Wednesdays, 1:30–3:30 p.m.

Diabetes Support CMH, classroom 2, 3rd Thursday of each month, 7–9 p.m. Call 410-414-4783 for topics and speakers.

Lyme Support CMH, classroom 1, 1st Monday of each month, 6–7 p.m. Call 410-535-8233.

NAMI (National Alliance on Mental Illness) Connection Recovery Support CMH, 1st & 3rd Wednesday of every month, 6–7:30 p.m. For people 18 and older. Call 301-737-1988 for more information.

Ostomy Support Chesapeake-Potomac Home Health Agency, 1st Sunday of every other month, 2–4 p.m. Call Amber Fowler at 800-656-4343 x227.

Stroke Support CMH, classroom 1, 1st Wednesday of each month, 5:30–7 p.m. For caregivers and stroke survivors. Call 410-414-4800 for more information.

❖ SCREENINGS

Call 410-535-8233 for information or to register.

Blood Pressure Screening
No appointment needed. *Free.* CMH Cardiac Rehab, 3rd Tuesday of each month, 11 a.m. – noon.

Lung Function Testing
Free. CMH Cardiac Rehab, 1st Thursday of each month, 11:15 a.m. – 12:15 p.m.

Prostate Screening
Performed by Dr. Shafquat Meraj. Includes a digital rectal exam (DRE) and prostate-specific antigen (PSA) lab test. *Free, but pre-registration required.* September 6, 3 p.m.

Vascular Screening
Free. CMH Vascular Lab. Available at various times and days. *Please call 410-414-4539 to schedule appointment.*

Cholesterol Test Plus Screening and HbA1c
By appointment only. *Minimum age 18.* CMH, Saturday, October 26, 7–9 a.m.

✓ **Cholesterol:** 10-hour fasting required prior to blood draw. \$25

✓ **HbA1c:** fasting NOT required prior to blood draw. \$15

SAVE the DATE
Nov. 21

Diabetes Expo

Thursday, November 21
5:30 – 8:30 p.m.

CMH Outpatient Concourse

Pre-registration required.
Call 410-535-8233.

Panel discussion on the latest information on diabetes treatment, screenings, educational displays, "Ask the Dietitian" and other services will be available.

Also enjoy free healthy food samples and other giveaways.

❖ Complementary HEALTH CLASSES

Blending traditional medicine with complementary therapies.

Ongoing classes offered at Prince Frederick, Solomons, Fairview Library, Twin Beaches Community Health Center and Chesapeake Church. For more information and to register, call 410-535-8233 or 301-855-1012 x8233.

Yoga for Everyone
Gentle Therapeutic Yoga
Hatha Yoga I
Hatha Yoga II
Adaptive Chair Yoga
Yoga for Pregnancy

Scan here with your smart phone to view ongoing Complementary Health Class schedules > or go online to www.calverthospital.org



PROGRAMS WITH SPECIFIC DATES & TIMES

Stressed? Try Biofeedback!

Learn to effectively manage your stress before it manages you. Some techniques learned are focused breathing, progressive muscle relaxation, autogenetic training and biofeedback techniques.



Solomons, second Thursday of every other month, September 12 and November 14, 6:30 – 8 p.m. Class is free but you must register to attend. Call 410-535-8233. CD of *Balance from Within* available for \$10.



Healthy Lifestyles

Take steps today to improve your health.

Diet and Physical Activity: What's the Cancer Connection?

How much do daily habits like diet and exercise affect your risk for cancer? Much more than you might think. Research has shown that poor diet and an inactive lifestyle are two key factors that can increase a person's cancer risk. The good news is that you can do something about it.

Apart from quitting smoking, some of the most important things you can do to help reduce your cancer risk are:

- ✓ Get to and maintain a healthy weight throughout life.
- ✓ Be physically active on a regular basis.
- ✓ Make healthy food choices with a focus on plant-based foods.

Control your weight.

Getting to and staying at a healthy weight is important to reduce the risk of cancer and other chronic diseases, such as heart disease and diabetes. Being overweight causes the body to produce and circulate more estrogen and insulin, hormones that can stimulate cancer growth. Obesity

increases the risk of several cancers, including breast (in women past menopause), colon and rectum, endometrial (the lining of the uterus), esophagus, pancreas, and kidney, among others.

Be more active.

The other key to reducing cancer risk is to be more physically active, which will also reduce your risk of heart disease and diabetes, too. Exercising also helps improve your hormone levels and the way your immune system works so grab your athletic shoes and head out the door!

Physical activity guidelines for American adults call for at least 30 minutes of moderate exercise each day. Moderate activities include walking, biking, even housework and gardening. For kids, the recommendation is at least 60 minutes of exercise each day.

Limit sedentary behaviors such as sitting, lying down, watching television or other forms of screen-based entertainment.

Eat healthy foods.

Eating well is an important part of improving your health and reducing your cancer risk. Take a good hard look at what you typically eat each day and try these tips to build a healthy diet plan for yourself and your family:

- ✓ Choose foods and drinks in amounts that help you get to and maintain a healthy weight.
- ✓ Limit how much processed meat and red meat you eat.
- ✓ Eat at least 2½ cups of vegetables and fruits each day.
- ✓ Choose whole grains instead of refined grain products.

Adopting a healthier lifestyle is easier for people who live, work, play, or go to school in an environment that supports healthy behaviors. **Calvert Can: Eat Right! Move More!** has many free programs to help you start a healthier lifestyle. **Sign up for one today!**



Center for Breast Care at CMH and Calvert Medical Imaging Center present

m&m Fridays



Schedule your screening **mammogram** on a Friday in October and relax with a free 15-minute seated massage.

All screening mammograms performed at CMIC use the latest digital imaging technology and are read by breast imaging specialists.

Call **410-414-4700** to schedule your appointment!
For more information visit www.calverthospital.org.

 **Center for Breast Care**
at Calvert Memorial Hospital

 **AMERICAN RADIOLOGY SERVICES**
Calvert Medical Imaging Center



Lunch & Learn



LifeCycles

CMH, noon–1 p.m. Classroom 1. \$10 per session, includes lunch. Register: 410-535-8233 or 301-855-1012, x8233

Flu Update: 2013-2014

Dr. Paul Pomilla, Infectious Disease

Every year many people who get the flu shot complain that they still get sick. Learn why this happens, the importance of getting the flu shot, its benefits and limitations and what we can expect this flu season and in the future.

Wednesday, September 11

AAA: Abdominal Aortic Aneurysm

Dr. Frederick Beavers, Vascular Surgeon

Join Dr. Beavers for a discussion on everything you need to know about this silent but deadly condition including screenings and prevention.

Monday, October 7

Should I Have Surgery to Treat Gallstone Attacks?

Dr. Ervind Bhogte, General Surgeon

The main reason to treat gallstones is to prevent painful attacks and possible complications. Meet Calvert Memorial's new general surgeon who will discuss when you should have surgery and the minimally invasive approach—small incisions and usually same-day surgery.

Thursday, November 7

A free medical discussion group / CMH, 7–8 p.m., Classroom 1. Register: 410-535-8233 or 301-855-1012, x 8233

Heavy Periods? Get Control!

Dr. Khadija Dugan, Obstetrician/Gynecologist

If you have heavy menstrual bleeding, join Calvert Memorial's new OB/GYN for a discussion on the causes and how it can be treated.

Tuesday, September 17

Should you Get BRCA Gene Testing?

Sandra Cassell-Corbin, CRNP

Angelina Jolie's decision to get tested for gene mutation linked to a heightened breast cancer risk has many women wondering whether they should get tested, too. Join a genetic cancer risk assessment counselor to learn all about BRCA and who should be tested.

Tuesday, October 15

Weight Loss Now!

Dr. Francisca Bruney, Family Medicine

Say goodbye to diets and hello to weight loss! Introducing (just before the holidays) what you already knew about weight, exercise and healthy living.

Tuesday, November 19



American Heart Association Classes

Register at 410-535-8233 or 301-855-1012 x 8233 (no walk-ins, please)



CPR Basic Life Support Course

Learn emergency response CPR with and without a barrier device and relief of foreign-body airway obstruction for adult, infant and child victims. Receive a CPR card valid for two years upon completion of class and written test. \$45. Saturdays, 9 a.m.–3 p.m., CMAC. September 28 and November 2.

CPR Basic Life Support Healthcare Provider Course

Learn emergency response and CPR for adults, infants and children, two-rescuer CPR, use of barrier devices and AED (automated external defibrillator). Meets requirements for healthcare providers. Receive a CPR card valid for two years upon completion of class and written test. \$55. Saturdays, 9 a.m.–3 p.m., CMAC. September 7, September 21, October 5, October 26, November 9, November 23 and December 14.

CPR, AED and First Aid Learn general first aid techniques and CPR for adults, infants and children. Receive a CPR card valid for two years upon completion of class and written test. Designed to meet the new standards for day care providers. \$70. Saturdays, 9 a.m.–5 p.m., CMAC. September 14, October 12, November 16 and December 7.



Women's Health

As a woman, you take care of a lot of people. At Calvert Memorial, we'll take care of you.

Classes to help you prepare for baby

Call 410-535-8233 or 301-855-1012 x8233 for information or registration.

ABCs of Breastfeeding Learn helpful techniques with positioning, latching on and how to establish and maintain your milk supply. \$40/couple
CMH Classroom 1, Tuesdays, 6–8 p.m. September 3, October 1, November 5 or December 3.

Breastfeeding Support Group

Nurturing Necessities at CMH Family Birth Center. Free. Every Wednesday, 1:30–3:30 p.m.

Birth Center Tours Expectant parents tour the Family Birth Center in preparation for their baby's arrival. Meet in the Emergency Department registration area. Free.
CMH, 3rd Sunday of every month, 2 p.m.

Baby Care Basics I & II For new and expectant parents (grandparents are invited, too), this class offers a comprehensive overview of baby care basics. The first hour will be led by a registered obstetrical nurse covering basic newborn care (0–2 months). The second hour will be taught by a pediatrician who will discuss feedings, immunizations and treating minor illness (2 months–1 year). Recommended during the first seven months of pregnancy. No CPR training in this class. \$40/couple. CMH Classroom 1, Wednesdays, 6:30–8:30 p.m. September 4, October 2, November 6 and December 4.

Big Kids and Babies Designed to prepare children ages 3–5 for the arrival of a new sibling. Includes a video presentation and a birth center tour. Class recommended within the first seven months of pregnancy. \$12/child or free for families delivering at CMH.
CMH Classroom 1, Saturdays, 10–11:15 a.m. October 12 and December 14.

Infant CPR A great follow-up to Baby Care Basics! New and expectant parents, grandparents and babysitters learn infant CPR (birth–12 months). Led by certified American Heart Association instructor Ellen Davis. \$24/person.
CMAC, Mondays, 6–8 p.m. September 9, October 14, November 11 and December 9.

Outpatient Lactation Services For breastfeeding moms who may need assistance with latching techniques, milk supply concerns or slow weight gaining problems. Fee CMH, call 410-414-5414 for appointment.

Safe Sitter® is a medically accurate hands-on program that teaches boys and girls ages 11 to 14 how to handle emergencies when caring for children. This class teaches safe and nurturing child care techniques, behavior management skills and appropriate responses to medical emergencies. \$45.
CMH, Classroom 1. Saturdays, 9 a.m.–3 p.m. September 21, October 19, November 16, December 21.



Just for Mom

Call 410-535-8233 or 301-855-1012 x8233 for information or registration.

Prenatal Yoga Focuses on relaxation, breathing techniques and gentle postures. Must be at least 13 weeks pregnant. Physician consent required.
Call for information.

Pregnancy Massage Pregnancy massage reduces pain, tension and swelling, improves circulation and increases relaxation. 50 minutes. CMH, Solomons, \$65. Please call for appointment.

Childbirth Education

Includes labor and delivery preparation, relaxation and breathing techniques, medication options, cesarean section information, breast-feeding education and more. CMH, \$100/couple. Register by the 20th week of pregnancy. Call for information.



Did you know these Breastfeeding Benefits?

- ✓ Easier for baby to digest
- ✓ Protects against illness
- ✓ Helps prevent obesity later
- ✓ Supports brain growth

Look Good, Feel Better

This free program helps female cancer patients cope with hair and skin changes that occur during treatment. Led by a licensed cosmetologist and designed by the American Cancer Society. Register at 410-535-8233.

CMAC, Suite 102, 10 a.m. – noon, Saturday, September 14 or November 9.



Look Good...Feel Better®



Classes without specific dates are ongoing. Just call 410-535-8233 to register and get started.

Eat Right! Move More!



Nutritional Counseling

Take a healthy approach to weight loss, heart health and overall nutrition. Meet one-on-one with a registered dietitian. \$40/hr or \$130/4 sessions PHC. Call for appointment times.

Weight Loss for Life A 6-week program that blends nutritional education with a registered dietitian and group fitness instructor to help you learn how to lose weight and keep it off. \$75, PHC, Wednesday, 5:30-7 p.m. September 4 – October 16, October 30 – December 11.

Weight Loss for Life Plus A 6-week program that builds on the skills that you have learned in *Weight Loss for Life*. Continue to work with a registered dietitian and group fitness instructor to stay motivated and build on previously learned skills. \$75. PHC, Wednesday, 5:30-7 p.m. September 4 – October 16, October 30 – December 11.

Weigh to Wellness Weekly weigh-in with a half-hour hot topic lecture by a registered dietitian or personal trainer. \$10/week or \$20/month. Wednesdays, 4:30-5:15 p.m. PHC.

Lean on Me (new sessions begin every six weeks). This six-week program for ages 9-15 combines an interactive, fun nutrition talk with a group exercise session led by a fitness trainer. Meets twice a week. \$120 per six weeks. PHC, Tuesdays & Thursdays, 5:30-6:30 p.m. September 10 – October 17, October 22 – December 5 (no class on October 31 or November 28), January 7 – February 13.

Free W.O.W. Walking Club Get healthy and fit by walking off weight. Weekly walking club led by a wellness coach. Exercise and learn as you go. PHC, Tuesdays, 4-5 p.m. and Wednesdays, 3:30-4:30 p.m.; you may join at any time.

NEW!

SHAPEDOWN is a new 10-week family-based program, which meets 2x/week, where parents and children (6-18 years) learn together how to develop a healthier lifestyle—better eating habits, increased physical activity and integrating these behaviors into their everyday lives. *A pediatrician's consent may be needed.*

Program will include:

- 60 minutes of lecture with light dinner
- 30 minutes of group fitness classes and activities
- Health History/Assessment
- Family and group support for weight loss and healthy living
- Special pricing for World Gym membership
- Access to Vitabot, an online meal planning system

Cost: \$200 for 1st child and 50 percent discount for each additional child registrant. \$50.00 for each parent and support sibling(s).

Location: Patuxent Health Center, KeepWell Office

Dates: Tuesdays and Thursdays, Sept. 10–Nov. 14

Time: 5-6:30 p.m.



Learn to Make Eating Right Your Way of Life!



Meal Planning

Personalized meal plan for two weeks, includes grocery list and shopping plan. \$30

Three-Day Food Diary Analysis Report includes percentage breakdown of your nutrient intake, percentage of daily requirements and personalized recommendations. \$25

Virtual Nutritionist Online nutritional analysis and diet assessment with a personalized plan for improving your nutrition habits. \$25

Weight-Loss Coaching Weekly e-mail and 15-minute phone consult. \$15/week, \$50/month

Free Ask-the-Wellness Coach Stop by and meet our wellness coach for a quick question-and-answer opportunity. PHC, every Tuesday, 5:30-7 p.m.

Eat to Win/Nutrition for the Athlete – Gain the competitive edge with the help of good nutrition. Get the most current nutritional information for young athletes. Great for teams. Call to set up a presentation at the location of your choice. \$5/person, minimum of 10 participants. Ages 10 and up.

Free Vitabot Personalized On-line Nutrition Plan Provides 14-day access allowing users to analyze eating patterns, food content and nutritional values including vitamins and mineral requirement as well as a personalized shopping list. Call 410-535-8233 to activate.

Free Healthy Vending Machine Analysis for Employers/Business:

NEW!

Let's us help you create a healthier workforce. Have your vending machine checked for sodium, fat, calorie, trans fat, saturated fat and sugar content. Obtain a list of alternative snacks to meet healthy snack guidelines to promote a healthy work environment. Call 410 535-8233 to schedule an appointment.

Made possible with funding from the Centers for Disease Control and Prevention



Calvert Memorial Hospital

Tradition. Quality. Progress.

100 Hospital Road, Prince Frederick, MD 20678
www.calverthospital.org

For questions about physician referral,
class registration or support groups, call

Calvert Health Line:
888-906-8773

Maryland Relay Service:
800-735-2258

This facility is accredited by The Joint Commission. If you would like to report a concern about the quality of care you received here, you can contact The Joint Commission at 1-800-994-6610.

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POSTAL PATRON

KEEPWELL REGISTRATION

Early registration is encouraged. Advance registration with payment is required for all classes. Refunds given only with seven days notice. With advance notice, reasonable accommodations can be made for those with special needs. CMH reserves the right to cancel classes when enrollment minimums are not met. Cancellations: Call 410-535-8233 for a recorded message on the status of class cancellations during inclement weather. Payment: Visa, MC, AMX, or check payable to CMH.

KEY TO CLASS LOCATIONS

(unless otherwise noted):

- CMH:** CMH KeepWell Center, Prince Frederick
- CMAC:** Calvert Medical Arts Center, CMH Campus, Prince Frederick
- PHC:** Patuxent Health Center, Prince Frederick (next to World Gym)
- Solomons:** Solomons KeepWell Center
- TBCHC:** Twin Beaches Community Health Center, North Beach
- WW:** Woman's Wellness, Calvert Medical Arts Center, Suite 102

Calvert Memorial Hospital does not discriminate with regard to patient admissions, room assignment, patient services or employment on the basis of race, color, national origin, gender, religion, disability or age.

KeepWell

KeepWell is a tri-annual publication of the Community Wellness Department in collaboration with the CMH Corporate Communication office.

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Editor



Mark Your Calendar!

October 5, 2013

Calvert Memorial Hospital's 4th annual 5K Run/Walk will be held on Saturday, October 5. Join the fun and run or walk around beautiful Solomons Island. Funds raised will benefit the Sheldon E. Goldberg Center for Breast Care.

Early Bird Race Fee: \$30 (before September 25, 2013)

Early Bird registrants guaranteed T-shirt and can pick up packets Thursday, October 3, and Friday, October 4 at the KeepWell Center.

Race Fee: \$40 (Day of race)

Race Time: 8:30 a.m. / Check-in begins at 7 a.m. / World Gym Warm-up 8 a.m.

Register online at www.active.com or in person at the KeepWell Center.

Interested in a get-ready guide?

Go to the "Community Wellness" section of the CMH website at www.calverthospital.org and follow the link to the 5k Run/Walk.

All participants will be entered to win a Total Wellness Package (one-year World Gym membership, four consultations with a registered dietitian and four personal training sessions). Must be present to win.

Donations are tax-deductible as applicable by law.

You can also scan here with your smart phone for your get-ready guide >



> Go to www.active.com to register online or in person at the KeepWell Center.

