

HOLY CROSS HEALTH

SPRING/SUMMER 2018

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to Better Health
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Colorectal Surgery | 4

IMPROVING OUR
COMMUNITY'S
HEALTH, ONE
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YOUR HEALTH AT EVERY AGE: WOMEN'S HEALTH EVENT

FREE

Saturday, May 5 / 2 to 5 p.m.
Holy Cross Germantown Hospital

Saturday, May 19 / 10 a.m. to 2 p.m.
Holy Cross Hospital

As a regional leader in caring for women, Holy Cross Health is hosting two interactive workshops to motivate and empower you to get healthy. Celebrate Women's Health Month by coming to this event and learning how to make changes to improve your health and wellness. Registration required. For more information or to register, call 301-754-8800 or visit HolyCrossHealth.org.



HOLY CROSS HEALTH ANNUAL GOLF CLASSIC

Join us on Monday, May 7, for the Holy Cross Health Annual Golf Classic at the beautiful Woodmont Country Club in Rockville. Enjoy a great day of golf, an awards reception and networking to benefit the Nursing Excellence Fund, which expands nursing education and professional development for Holy Cross Health nurses. For more information, to register or for sponsorships, call the Holy Cross Health Foundation at 301-754-7133 or visit HolyCrossHealth.org/Golf.

HOLY CROSS HEALTH ANNUAL GOLF

Classic

DESIGN EXCELLENCE AWARD

One of the Capital Beltway's newest landmarks, the Holy Cross Hospital South Building has won a 2017 Design Excellence Award from the Montgomery County Planning Department, part of the Maryland-National Capital Park and Planning Commission. Holy Cross Hospital's seven-story patient care building took the top honor in the "Building and Sites" category. The building also has achieved Leadership in Energy and Environmental Design (LEED) Gold certification.

Opened in 2015, the Holy Cross Hospital South Building added 150 private patient rooms in critical care, intermediate care and medical-surgical units.



HOLY CROSS HEALTH PARTNERS IS EXPANDING

Nooshin Farr, MD, a board-certified internal medicine specialist with more than 30 years of experience, has joined Holy Cross Health Partners



Nooshin Farr, MD

at Asbury Methodist Village. This practice provides convenient, high-quality primary care to Asbury residents and the surrounding community. To make an appointment at Holy Cross Health Partners at Asbury Methodist Village, call 301-557-2110. For more information, visit HolyCrossHealth.org/Asbury.

HIP, KNEE AND SPINE CARE RECOGNITION

Holy Cross Hospital has again earned The Joint Commission's Gold Seal of Approval® for Hip Replacement, Knee Replacement and Spine Surgery Certification. The Gold Seal of Approval® is a symbol of quality that reflects an organization's commitment to providing safe and effective patient care. The hospital was originally certified for these services in 2015 and was the first hospital in Montgomery County to be certified for Spine Surgery. The Joint Commission is the premier health care quality improvement and accrediting body in the nation. To learn more about our award-winning joint and spine programs, visit HolyCrossHealth.org.



A MESSAGE FROM NORVELL V. COOTS, MD

As I read Sheila's story on page 6 and anticipate warmer weather, I am reminded to recommit to exercising more and eating right. I am thankful Holy Cross Health has made the promise to help me, and everyone in our community, address our individual needs and goals to achieve a better quality of life.



Norvell V. Coots, MD

From our hospitals and primary care sites, to our specialty care, home care and community-based wellness programs, Holy Cross Health offers excellent, coordinated care throughout Montgomery and Prince George's counties.

With a strong focus on best practices, advanced training and patient safety, we continually elevate our expertise and place the people we serve at the center of our care. We are proud of our full range of services, including our specialized expertise in women and infant services, neurosciences, surgery, senior services, cancer care and others.

I'm honored to lead an integrated health care system that is committed to meeting the community's needs and improving the health of all those we serve—including our most vulnerable community members. In fiscal 2017, Holy Cross Health provided \$58.7 million in community benefit, including \$34 million in direct financial assistance for uninsured and medically underserved members of our community (see page 7 for our community report).

Thank you for trusting Holy Cross Health with your health care needs. Because of you, we are moving life ahead for more people in more ways, and in more places than ever before.

MARINA IS ON HER PATH
TO BETTER HEALTH
THANKS TO

ROBOTIC COLORECTAL SURGERY



Last summer was a difficult one for Marina. In early June, having gone to bed early feeling under the weather, she woke up in the middle of the night with excruciating abdominal pain on her left side. “I knew it wasn’t something I ate or a stomach bug,” she says. “I could feel that it was something deeply, structurally wrong.”

Two years earlier, Marina learned during a routine colonoscopy that she had a condition known as diverticulosis, where small, bulging pouches form in the wall of the large intestine. The condition is common in people over age 40, often with no symptoms. Diverticulosis may develop when an individual’s diet is not rich enough in fiber.

“Holy Cross Germantown Hospital’s state-of-the-art medicine is amazing,” says Marina. “I had a phenomenal experience and am so appreciative of the excellent care I received.”



Halim Charbel, MD



Rami Makhoul, MD



Michael Schindler, MD

If these pouches become infected, a painful condition called diverticulitis ensues. “This usually presents with sudden and severe lower abdominal pain,” explains Halim Charbel, MD, Gastroenterology, Holy Cross Germantown Hospital and Holy Cross Hospital. “If diverticulitis is caught early, it can be treated with a short course of antibiotics. If it’s more severe or not recognized early, it requires a prolonged course of intravenous antibiotics. The most severe cases, such as those with a hole in the wall of the colon, require surgery.”

“I KNEW I WAS IN GOOD HANDS”

Marina sought treatment for her abdominal pain right away at Holy Cross Hospital’s Emergency Center. “During this visit, tests confirmed a severe case of diverticulitis with a perforation, or hole, in the intestine,” says Michael Schindler, MD, Gastroenterology, Holy Cross Hospital.

Marina was first treated with antibiotics, but her symptoms persisted and an abscess developed in her colon, so she was referred to Rami Makhoul, MD, Colorectal Surgery, Holy Cross Germantown Hospital and Holy Cross Hospital. Dr. Makhoul, a minimally invasive specialist and robotic surgeon, recommended surgery. “I knew I was in good hands,” says Marina. “Dr. Makhoul was easy to communicate with and very thorough, very meticulous.”

THE LATEST IN ROBOTIC TECHNOLOGY

Dr. Makhoul removed the portion of Marina’s colon that was damaged and scarred using the *da Vinci® Xi* Surgical System at Holy Cross Germantown Hospital, the latest in robotic surgery technology. Holy Cross Germantown Hospital was the first community hospital in Montgomery County to have

the *da Vinci Xi*, which is particularly well suited to colorectal surgery. “The robot was key to this procedure,” explains Dr. Makhoul. “I was able to perform the entire procedure using the robot. If I had operated using other minimally invasive approaches, I might have had to convert to an open incision, which would have caused more scarring and increased recovery time for Marina.”

Marina spent just three days in the hospital after her surgery, and after six weeks she was getting back to her normal routine. She began to add in gentle forms of exercise, returned to work, and started working with a nutritionist. Full recovery normally takes three to six months, and Marina is right on track to return to the activities she enjoys—like walking through a lovely park near her home.



To learn more about surgical services at Holy Cross Germantown Hospital, visit [HolyCrossHealth.org/HCGHSurgery](https://www.HolyCrossHealth.org/HCGHSurgery).

ASK THE DOCTORS EVENT: IMPROVING YOUR DIGESTIVE HEALTH

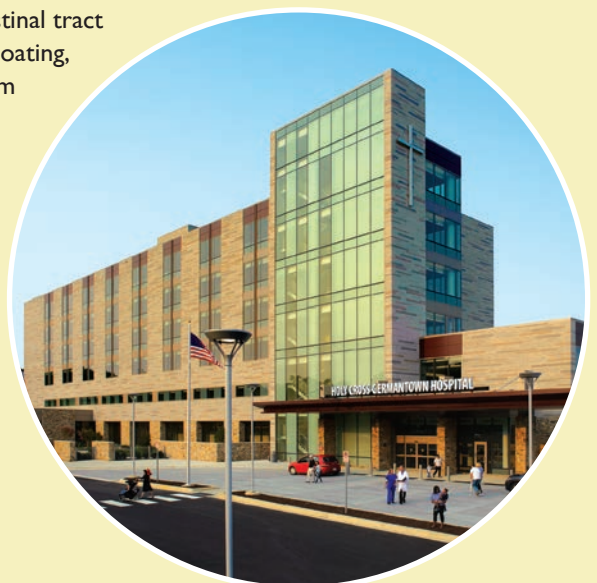
FREE

Tuesday, May 22 / 6:30 to 7:30 p.m. / Holy Cross Germantown Hospital
19801 Observation Drive, Germantown, MD 20876

A panel of experts discusses the latest advancements in the diagnosis and treatment of conditions and diseases affecting the gastrointestinal tract such as heartburn, indigestion, bloating, and more. Panelists include: Halim Charbel, MD, Gastroenterology, and Rami Makhoul, MD, Colorectal Surgery.

Bring your questions to be answered by our physicians during a robust Q&A, or submit them online when you register in advance. Light refreshments will be served. For additional Ask the Doctors events, see page 8.

To register, visit [HolyCrossHealth.org/AskTheDoctors](https://www.HolyCrossHealth.org/AskTheDoctors) or call 301-754-8800.



IMPROVING OUR COMMUNITY'S HEALTH

ONE PERSON AT A TIME

“Whether you or a loved one is facing a serious health challenge or looking to lead a healthier life, we offer a variety of programs to help people better manage their health,” explains Annice Cody, president, Holy Cross Health Network.

As stewards of our community's health for more than 55 years, Holy Cross Health is a leader in delivering high-quality, state-of-the-art health care services and offering innovative programs to prevent illness, promote wellness and speed recovery.

GETTING HEALTHY, STAYING WELL

“Each week, Holy Cross Health hosts more than 70 exercise, health education, screening and self-management classes at multiple convenient locations throughout the area,” says Annice.

Our educational seminars equip adults and children with information about everything from healthy eating to first aid—and free health screenings and special events promote disease prevention and early diagnosis. Childbirth and parenting education prepare parents-to-be with the tools they need to raise healthy children.

SELF-MANAGING CHRONIC DISEASES

When it comes to wellness, one size does not fit all. Sheila Langston of Takoma Park knows this first hand, having dealt with a chronic autoimmune disease for decades. When she was diagnosed with psoriatic arthritis—a second chronic autoimmune condition—she knew she needed more support. Sheila found it through one of Holy Cross Health's life-changing, chronic disease self-management classes.

“My class, Living Well: A Chronic Disease Self-Management Program, helped me to realize that supporting my chronic illness wasn't just about seeing doctors,” explains Sheila. “It was about my lifestyle—eating well, exercising and maintaining my strong mental health.”

A retired health and education professional herself, Sheila Langston recognizes the value of Holy Cross Health's range of programming. “Holy Cross Health services are so diverse, they're able to build a team that's patient-centered for each individual,” she says.



For Sheila, and those like her living with a chronic disease such as diabetes, high blood pressure and other conditions, Holy Cross Health's range of classes are critical to helping participants learn how to manage symptoms and reduce stress. Sheila explains it this way, "Everyone's challenges continue, but their quality of life improves."

CARING FOR MORE PEOPLE IN MORE WAYS

Holy Cross Health's continuum of care delivers services where, how and when people need us most. In addition to serving individuals, Holy Cross Health works to address social and physical factors that affect health outcomes, such as access to healthy foods and health insurance. "These efforts take a long-term view of improving the health of our community and will make an impact for years to come," explains Annice.

Discover more about our programs and services by visiting HolyCrossHealth.org or calling 301-754-8800.

HOW CAN WE HELP YOU?

EACH PERSON HAS THEIR OWN PATH TO GOOD HEALTH. SEE HOW HOLY CROSS HEALTH CAN HELP YOU ON YOURS.



SIGN UP FOR A CLASS • We offer dozens of classes throughout our community. Turn to pages 8-11, or for a full listing of classes, visit HolyCrossHealth.org/Classes-Events.



FIND A DOCTOR • More than 1,575 physicians are affiliated with Holy Cross Health. Find one who meets your needs at HolyCrossHealth.org/Find-A-Physician.



JOIN A PRIMARY CARE PRACTICE • Holy Cross Health Partners are primary care sites owned and operated by Holy Cross Health. Learn more at HolyCrossHealth.org/HCHP.



VISIT A HEALTH CENTER • Holy Cross Health Centers provide affordably priced health care services to those facing financial barriers to accessing care. Find a health center near you at HolyCrossHealth.org/HCHC.



RECEIVE CARE AT HOME • Holy Cross Health Private Home Services, Inc., and Holy Cross Home Care and Hospice provide treatment at home and offer assistance with activities of daily living. Visit HolyCrossHealth.org/Home-and-Community-Based-Care to learn more.

2017 COMMUNITY REPORT

CONTRIBUTING \$58.7 MILLION TO IMPROVE OUR COMMUNITY'S HEALTH

A crucial part of Holy Cross Health's mission to be the most trusted provider of health care in the area is our commitment to providing high-quality health care services to help all of our community members achieve a better quality of life.

During the last five fiscal years, Holy Cross Health has provided more than \$283 million in community benefit, including \$159 million in financial assistance for individuals who could not afford necessary health services.



To learn more about all of the ways Holy Cross Health is caring for our community, download our 2017 report, *Moving Life Ahead for Our Community*, at HolyCrossHealth.org.

TAKE TIME FOR YOUR HEALTH

Locations: Classes and events are at the following locations, unless otherwise noted.

- ★ **Holy Cross Hospital**, Holy Cross Health Conference Center
1500 Forest Glen Rd., Silver Spring.
For parking information and fees, visit HolyCrossHealth.org/Parking.
- ◆ **Holy Cross Germantown Hospital**
19801 Observation Dr., Germantown
Parking is free.
- ▲ **Holy Cross Resource Center**
9805 Dameron Dr., Silver Spring
- **Holy Cross Senior Source**
8580 Second Ave., Silver Spring

Class dates, instructors and fees are subject to change.

Disease Management & Maintenance

BETTER BONES **FREE**

Maintain bone density while improving strength, flexibility and balance. Some exercises are done seated. For those age 55+. Classes are ongoing and are offered at four locations. Call 301-754-8800 to request a physician's consent form to register and for a schedule of classes.

DIABETES SELF-MANAGEMENT EDUCATION

Mondays, June 4, 11, 18 & 25 or July 9, 16, 23 & 30 / 1 to 4 p.m. / Location: ■
or 6:30 to 9:30 p.m. / Location: ▲

A four-week class series, taught by a registered nurse, helps you self-manage diabetes on a daily basis. Physician referral required. Covered by many insurance plans. To register, call 301-754-8200.

JOINT REPLACEMENT CLASS **FREE**

**Mondays, May 7 & 21, June 4 & 18, July 2 & 16, Aug. 6 & 20
2 to 3:30 p.m. / Location:** ★

**Tuesdays, May 8 & 22, June 5 & 19, July 3 & 17, Aug. 14 & 28
11 a.m. to 12:30 p.m. / Location:** ◆

Learn what to expect before, during and after surgery.

LIVING WELL: DIABETES SELF-MANAGEMENT WORKSHOP **FREE**

**Wednesdays, May 9 - June 13
1 to 3:30 p.m.**

*Location: Bauer Drive Community Center
14625 Bauer Dr., Rockville, MD 20853*

This six-week workshop teaches you how to better manage your health and maintain an active lifestyle while living with type 2 diabetes or pre-diabetes.

MEDICAL ADULT DAY CENTER

The Holy Cross Medical Adult Day Center provides social, recreational and medical programs for seniors and disabled adults. The center fosters a community atmosphere by celebrating and acknowledging each participant's unique skills and contributions to the group. Staffed with caring professionals, adult day care is a cost-effective alternative to residential care. For more information, to register for two free trial days or to schedule a tour, call 301-754-7150.

ASK THE DOCTORS EVENTS

FREE

NAVIGATING GYNECOLOGIC HEALTH ISSUES

Thursday, June 28 / 6:30 to 7:30 p.m. / Location: ◆

A panel of women's health experts discusses issues that may be impacting your quality of life, such as fibroids, abnormal bleeding and other gynecologic or pelvic health concerns. Panelists include: James Barter, MD, Gynecologic Oncology, and Lauren Tigani, DPT, Physical Therapy.

IMPROVING LUNG HEALTH

Thursday, July 19 / 2 to 3 p.m.

*New Location: Asbury Methodist Village, 417 Russell Ave., Gaithersburg
(Visitors may enter the Asbury Methodist Village campus through the gatehouse at the intersection of Odendhal Avenue and Lost Knife Road, and then follow the signs to Hefner Auditorium)*

Our experts discuss the latest advances in the diagnosis and treatment of lung conditions. Panelists include: Joseph Ball, MD, Pulmonology, and Bryan Steinberg, MD, Thoracic Surgery.

BREAST HEALTH, DISEASE AND RECONSTRUCTION

Thursday, July 19 / 6:30 to 7:30 p.m. / Location: ◆

Learn about mammography recommendations, the latest breast cancer treatments and reconstructive surgery. Panelists include: Christopher Boyd, MD, General Surgery; Stephane Corriveau, MD, Plastic Surgery; Anu Gupta, MD, Radiation Oncology; and James Xu, MD, Hematology.

JOINTS: REPAIRS AND REPLACEMENTS

Thursday, August 9 / 6:30 to 7:30 p.m. / Location: ◆

Learn about the risks and benefits of various treatment options for joint pain, including joint replacement. Panelists include: orthopedic surgeons Ricardo Cook, MD; Korboi Evans, MD; and Douglas Murphy, MD.

Bring your questions to be answered by our physicians during a robust Q&A, or submit them online when you register in advance. Light refreshments will be served. To register, visit HolyCrossHealth.org/AskTheDoctors or call 301-754-8800.

For our Ask The Doctors event about digestive health, see page 5.

Disease Prevention

FITNESS & MOVEMENT

BALLROOM / LATIN / SWING DANCE: BASICS & BEYOND

**Tuesdays, May 15 - June 19;
June 26 - July 31; or Aug. 7 - Sept. 11**
6:30 to 7:30 p.m. / Location: ▲
6-week session: \$70

Learn the social style of ballroom dancing in a friendly, fun and supportive atmosphere. Enjoy a gentle, varied cardiovascular workout. Couples and singles welcome.

CHAIR YOGA FOR OSTEOPOROSIS NEW

**Thursday, May 24 - June 28 or
July 5 - Aug. 23 / 10:30 to 11:30 a.m.**
Location: ▲
6-week session: \$70 / 8-week session: \$90

A study conducted by national expert Loren Fishman, MD, found that 12 yoga postures (with chair modifications) were proven to increase bone density over a two-year period. Learn these postures and more to increase bone strength, balance and overall longevity from an instructor certified by Dr. Fishman.

GENTLE YOGA

**Thursdays, May 24 - June 28 or
July 5 - Aug. 23 / 6 to 7:15 p.m.**
Location: ▲
6-week session: \$70 / 8-week session: \$90

Learn how to relax using yoga techniques. This class is taught on the floor with modifications for people with movement limitations.

PILATES

Wednesdays, June 6 - June 27
6:30 to 7:15 p.m. / Location: ▲
4-week session: \$50

A mat class to improve flexibility, core strength and posture.

YOGA I

**Mondays, May 28 - July 2 or
July 9 - Aug. 27 / 6:15 to 7:30 p.m.**
Location: ▲
6-week session: \$70

**Thursdays, May 24 - June 28 or
July 5 - Aug. 23 / 9 to 10:15 a.m.**
Location: ▲
6-week session: \$70
8-week session: \$90

This physically active, meditative experience develops flexibility and strength.

YOGA II

**Thursdays, May 24 - June 28 or
July 5 - Aug. 23 / 7:30 to 8:45 p.m.**
Location: ▲
6-week session: \$70 / 8-week session: \$90
For continuing yoga students who have taken Yoga I.

YOGA FOR OSTEOPOROSIS NEW

**Mondays, May 28 - July 2 or
July 9 - Aug. 27 / 7:45 to 8:45 p.m.**
Location: ▲
6-week session: \$70 / 8-week session: \$90
**Sundays, June 3 - July 8 or
July 15 - Aug. 26 / 6 to 7 p.m.**
Location: ▲
6-week session: \$70 / 7-week session: \$80

A study conducted by national expert Loren Fishman, MD, found that 12 yoga postures were proven to increase bone density over a two-year period. Learn these postures and more to increase bone strength, balance and overall longevity from an instructor certified by Dr. Fishman.

YOGA FOR WOMEN

**Sundays, June 3 - July 8 or
July 15 - Aug. 26 / 4:30 to 5:45 p.m.**
Location: ▲
6-week session: \$70 / 7-week session: \$80
A yoga class designed for women age 30 and older to help reduce muscle tension.

SENIOR FIT FREE

A 45-minute exercise program for adults age 55+ that focuses on strength, balance, agility and cardiovascular fitness. Offered at 24 locations in partnership with Kaiser Permanente, the Montgomery County Department of Recreation, Maryland-National Capital Park and Planning Commission, Asbury Methodist Village, and local churches. Call 301-754-8800 for a physician's consent form to register and for a class schedule and locations.



SYLVIA ADAIR IS BREATHING EASIER

"I'm on oxygen for chronic obstructive pulmonary disease (COPD) and emphysema. Attending the Pulmonary Maintenance Program has improved my breathing and given me more energy. The program really lifts my spirits because everyone who participates encourages, supports and motivates one another."

The Pulmonary Maintenance Program is a long-term, medically supervised fitness program for those with lung conditions who have successfully completed the Pulmonary Rehabilitation Program. For more information, visit HolyCrossHealth.org/Pulmonary.

MARIA RODRIGUEZ IS REDUCING HER RISK FOR DIABETES ▶

"I was pre-diabetic and needed to lose weight. The Spanish Diabetes Prevention Program taught me portion control, healthier food choices and helped me to start exercising. I lost 40 pounds and am moving faster and have more energy."



ZUMBA

Wednesdays, June 6 - June 27
5:30 to 6:30 p.m. / Location: ▲
4-week session: \$50

A professional dancer and choreographer leads this low-impact, Latin dance-based aerobic class.

EDUCATION & SCREENING

DIABETES PREVENTION PROGRAM **FREE**

Begins Tuesday, Sept. 11
7 to 9 p.m. / Location: ◆
Begins Wednesday, Sept. 12
10:30 a.m. to 12:30 p.m.
Location: ■

Begins Wednesday, Sept. 12
7 to 9 p.m. / Location: ▲

This year-long, comprehensive, lifestyle behavior modification program is for non-diabetic or pre-diabetic, overweight individuals at risk for developing type 2 diabetes. The program includes group classes, telephone support and access to a lifestyle coach, free exercise classes and ongoing support upon program completion. Call 301-557-1231 to see if you qualify. For more information, visit HolyCrossHealth.org/DiabetesPrevention.

SPANISH DIABETES PREVENTION PROGRAM **FREE**
Thursday, Sept. 13 / 6:30 to 8:30 p.m.
Location: ▲

Este programa de modificación de estilo de vida durante años ofrece orientación nutricional, sesiones de ejercicio y apoyo para ayudar a prevenir o retrasar la aparición de diabetes.

MATTER OF BALANCE

Fridays, June 1 - July 20
1 to 3 p.m. / Location: ■
Thursdays, July 12 - Aug. 30
10:30 a.m. to 12:30 p.m. / Location: ◆

Are you worried about falls or near-falls? Learn how to reduce your risk for falls and increase strength and balance in this eight-class series.

MEDICATION REVIEW **FREE**
Wednesday, June 6 or Aug. 1
10 a.m. to 2 p.m. / Location: ■
Friday, May 25, June 29, July 27 or Aug. 31 / Noon to 1 p.m. / Location: ◆
Bring in your medications and consult a Holy Cross Health pharmacist about drug interactions, proper dosing and side effects.

Childbirth, Parenting & Education

BABY CARE INSTRUCTIONS
Tuesday, May 1 & Thursday, May 3
6:30 to 9 p.m. / Location: ◆

Two-session class: \$60 per couple
Learn the basics of caring for your newborn with hands-on practice and other practical information.

SUPPORT GROUPS

FREE

EPILEPSY SUPPORT GROUP **NEW**

Wednesday, May 9 & July 11
6 to 7:30 p.m. / Location: ★

For people of all ages with epilepsy, their family members and friends. Hear from medical experts, gain coping insights and learn from the experience of others. Registration requested.

STROKE SUPPORT GROUP **NEW**

Third Wednesday of each month
6:15 to 7:30 p.m. / Location: ◆

Join this monthly support group to connect with other stroke survivors, caregivers and professionals. Registration is required only for the first meeting you attend.

CAREGIVER SUPPORT GROUPS

For more information, visit HolyCrossHealth.org/CaregiverSupport.

MORE SUPPORT GROUPS

Holy Cross Health hosts a variety of **FREE** support groups. For a complete list, call 301-754-8800 or visit HolyCrossHealth.org/Support.

BREASTFEEDING: GETTING STARTED

Saturday, June 9

9:30 a.m. to 12:30 p.m. / Location: ◆

\$30 per couple

Topics include affirming the benefits, how breastfeeding works, latching on, positioning and signs that baby is getting enough. Partner encouraged to attend.

CHILDBIRTH PREPARATION

Saturday, May 12 & 19

10 a.m. to 4 p.m. / Location: ◆

This two-session course covers the role of the partner, medical interventions, medications, cesarean birth and labor coping techniques (breathing, relaxation, positioning, massage, etc.).

COMFORT MEASURES FOR LABOR

Thursday, June 21 / 6 to 9 p.m.

Location: ◆ / \$40 per couple

Learn and practice non-medical methods to cope with labor, including relaxation, positioning, breathing techniques, massage and other comfort techniques.

FERTILITY CARE INTRODUCTION FREE

Tuesday, June 26 / 7 to 9 p.m.

Location: ★

A lecture on the basics of FertilityCare™, a method of holistic fertility awareness that can benefit women from teens through the menopausal years.

FIRST AID & CPR

These classes are for the general public, meet the requirements for day care providers and are not intended for health care professionals. An American Heart Association card is issued upon completion.

- **Heartsaver First Aid**
Saturday, May 5
9 a.m. to 12:30 p.m. / \$50
- **Heartsaver: Adult CPR**
(AED training)
Monday, June 11
5:30 to 9:30 p.m. / \$60
- **Heartsaver: Adult/Infant/
Child CPR** (AED training)
Saturday, May 12 or June 23
9 a.m. to 2 p.m. / \$70

Location: ▲

MORE CHILDBIRTH AND PARENTING CLASSES

Holy Cross Hospital and Holy Cross Germantown Hospital offer a variety of classes, tours and exercise programs to help a family prepare for a new baby's arrival and beyond. For a complete list of classes, visit HolyCrossHealth.org.

GIRL TALK

Wednesday, June 6 / 6:30 to 8:30 p.m.

Location: ▲ / \$20 per family

For girls ages 8 to 11 and their moms. Explore puberty changes, menstrual cycles and maintaining the lines of communication.

INFANT CPR & SAFETY

Tuesday, May 1 / 6:30 to 9:30 p.m.

Tuesday, May 15 / 6 to 9 p.m.

Tuesday, June 5 / 6 to 9 p.m.

Sunday, June 10 / 1 to 4 p.m.

Location: ◆ / \$30 per person

Addresses baby proofing, safety, CPR and choking rescue techniques for infants up to one year of age. This class is for families and is not for licensed childcare providers.

SAFE SITTER

Sunday, June 3 / 9 a.m. to 4 p.m.

Location: ▲ / \$70 per person

A class for 11 to 13 year olds who are embarking on babysitting that covers child care safety, handling emergencies, first aid techniques and more.

For additional classes, more information or to register, call 301-754-8800 or visit HolyCrossHealth.org.

STEPHANIE MOORE'S NATURAL CHILDBIRTH EXPERIENCE ►

"From check-in to discharge, my entire maternity experience at Holy Cross Germantown Hospital was exactly what I wanted—including delivering my baby with the support of an experienced midwife."

PLUM GAR COMMUNITY CENTER*

19561 Scenery Drive
Germantown, MD 20876

*There is no fee for a recreation center pass for Montgomery County residents.

PRENATAL YOGA

Tuesdays, May 15 - June 5

7:30 to 8:30 p.m. / \$40

Learn relaxation techniques, postures for stretching and toning, and ways to strengthen muscles used during labor and delivery. A note from your health care provider is required.

MOM & BABY YOGA STRENGTH

Fridays, May 18 - June 8

Noon to 1 p.m. / \$40

This class combines yoga and strength training plus elements of cardio while incorporating baby (6 weeks to 9 months) in the poses and moves. Please bring your own yoga mat and blocks.



To learn more about maternity care at Holy Cross Germantown Hospital, visit HolyCrossHealth.org/HCGHmaternity.

Norvell V. Coots, MD / President and CEO, Holy Cross Health
Louis Damiano, MD / President, Holy Cross Hospital
Doug Ryder / President, Holy Cross Germantown Hospital
Annice Cody / President, Holy Cross Health Network

HOLY CROSS HEALTH DELIVERS CARE THROUGHOUT THE COMMUNITY TO MEET EACH INDIVIDUAL ON THEIR PATH TO GOOD HEALTH.

HOSPITALS

1. Holy Cross Hospital
2. Holy Cross Germantown Hospital

HEALTH CENTERS

3. Holy Cross Health Center in Aspen Hill
4. Holy Cross Health Center in Gaithersburg
5. Holy Cross Health Center in Germantown
6. Holy Cross Health Center in Silver Spring

PRIMARY CARE SITES

7. Holy Cross Health Partners in Kensington
8. Holy Cross Health Partners at Asbury Methodist Village, Gaithersburg

EDUCATION AND WELLNESS

9. Holy Cross Resource Center, Silver Spring
10. Holy Cross Senior Source, Silver Spring

SPECIALIZED RESOURCES

11. Holy Cross Dialysis Center at Woodmore
12. Holy Cross Home Care and Hospice (Trinity Health at Home)
13. Holy Cross Radiation Treatment Center
14. Sanctuary at Holy Cross (Trinity Health Senior Communities)
15. The Blue Door Pharmacy in Partnership with Holy Cross Health



For addresses and phone numbers, visit
HolyCrossHealth.org.



Holy Cross Hospital
1500 Forest Glen Road
Silver Spring, MD 20910
301-754-7000

**Holy Cross
Germantown Hospital**
19801 Observation Drive
Germantown, MD 20876
301-557-6000

HolyCrossHealth.org
TTY 301-754-7406
To find a physician, call
301-754-8800.