Workshops and Info. Sessions

May 7 & 14: Weight Loss Surgery Info.
For individuals 100 pounds or more overweight who are considering weight loss surgery. This seminar is required to receive a consult for bariatric surgery.
4:30 to 6 p.m.
Johns Hopkins Bayview Medical Center
Register: 410-550-0409

May 13: Living with Type 2 Diabetes
Learn about strategies to manage blood glucose levels; the importance of making the right food choices; what your blood glucose numbers mean; and medications to help manage Type 2 diabetes.
5:30 p.m.
Johns Hopkins Bayview Medical Center
Register: 410-550-KNOW (5669)

May 28: ABCs of Kidney Disease
Learn about normal kidney function, the causes and stages of chronic kidney disease, the effects of kidney disease on the body and treatment options for kidney disease and failure.
5 p.m.
Johns Hopkins Bayview Medical Center
Register: 410-550-2820

Johns Hopkins Bayview Debuts History Wall
The who, what, where, when and how of Johns Hopkins Bayview’s history are now contained in one place for all to see. Located in the lobby of the Francis Scott Key Pavilion (red awning entrance), the new history wall illustrates the Medical Center’s rich history, which dates back to 1773, and our commitment to better the health of our community.
The next time you’re on campus, be sure to stop by and check it out!

Annual Employee Memorial Service
Remember and honor those who worked on the Johns Hopkins Bayview campus and passed away March 2018 through April 2019.

May 13
5 p.m.
Remembrance Garden (adjacent to the labyrinth)
Info.: 410-550-7569

Family Fun, Fit & Safe Day
Join us for family fun and activities! ¡Se habla español!

Saturday, June 8
11 a.m. to 2 p.m.
Joseph Lee Park
5900 Pratt St., Baltimore, MD
Info.: 410-550-0289
How Are Your Zzzs?

Did you know the body can become stressed when it does not get enough sleep? Inadequate sleep could lead to an increase in blood pressure and stress hormone production. Poor sleep also may cause reduced concentration, mood swings, irritability, stress and a weakened immune system.

While you sleep, your brain is re-energizing your body for the next day. On average, we need about seven to eight hours of sleep per night, but everyone is different. Some people need much more while others need much less. According to the Better Sleep Council, here are some ways to get a better night’s sleep:

- Try going to bed and waking up at the same time every day.
- Develop a sleep ritual by doing the same things each night before bed.
- Unwind early in the evening
- Create a restful sleep environment. Sleep in a cool, quiet, dark room on a comfortable and supportive mattress.

If you still have trouble falling asleep or staying asleep through the night, you may need to see a sleep specialist. For more information or to schedule an appointment with the Johns Hopkins Sleep Disorders Center, call 410-550-0571.

Skin Cancer Awareness Month

According to the American Academy of Dermatology, skin cancer is the most common cancer in the U.S., with 1 in 5 Americans developing the disease during their lives. Protect your skin by following these sun-safe tips.

- **Stay out of the sun.** Avoid the sun between 10 a.m. and 3 p.m., when the sun’s harmful UV rays are the strongest.
- **Use sunscreen.** Look for water-resistant products that protect against UVA and UVB rays. Reapply as needed.
- **Wear protective clothing** – hats with a wide brim, sunglasses, and loose, lightweight, long-sleeved shirts, long pants or long skirts.
- **Avoid artificial tanning.** Don’t use sunlamps, tanning beds, tanning pills or tanning make-up.
- **Check your skin often.** Call your doctor or dermatologist if you notice any changes in the size, shape, color, or feel of birthmarks, moles and spots.

Deadline Approaching!

**Gayle Adams Community Service Grant**

Does your non-profit organization have an innovative idea that could improve the health and wellness of southeast Baltimore? You may be eligible to receive $250 to $1,500 in financial support.

To apply for the grant, visit hopkinsmedicine.org/jhbmc/servicegrant. The deadline for applications is June 3.