Workshops and Info. Sessions

July 9 & 16; Aug. 6 & 13:
**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

July 15 & Aug. 12:
**Living with Type 2 Diabetes**
The July class features a registered dietitian who will offer details on using nutrition to balance glucose. The August class features a pharmacist who will focus on insulin therapy.
5:30 p.m.
Johns Hopkins Bayview Medical Center
Register: 410-550-KNOW (5669)

July 23 & Aug. 27: **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

Galiatsatos Named Health Care Hero
Panagis Galiatsatos, M.D., pulmonary and critical care doctor, was chosen by *The Daily Record* to receive a 2019 Health Care Heroes Award. *The Daily Record*’s Health Care Heroes Awards honor organizations and individuals who have made an impact on the quality of health care within our state. Dr. Galiatsatos was recognized in the Community Outreach/Education Heroes category, which honors individuals and organizations that have helped the community they serve by providing support and education.

Born and raised in Greektown, Dr. Galiatsatos says he owes it to his hometown to help reduce health disparities. He channeled his commitment to health equity into Medicine for the Greater Good (MGG). Since 2011, MGG has inspired hundreds of undergraduate and graduate student volunteers across Johns Hopkins to help underserved city residents become advocates for their own health. On his own time, Dr. Galiatsatos speaks about chronic health conditions and takes part in screenings and health fairs in East Baltimore.

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Postpartum Support Group
Led by staff of the Perinatal Mood Disorders Clinic, this support group offers a safe space for moms to share, learn and grow with other women who are facing similar challenges.*

Every Thursday
11 a.m. to 12:30 p.m.
5500 E. Lombard Street (behind the Johns Hopkins Bayview campus)
Info.: 410-550-5362

* Moms and infants are encouraged to drop in at their convenience.

Are You the #MissingType?
Without blood types A, B and O, we can’t save anyone. You can help fill the missing types – and save up to three lives.

**August 21-23**
7:30 a.m. to 5 p.m.
Knott Conference Center

Call **410-550-0289** to schedule your life-saving blood donation. All participants receive a meal coupon, parking pass and special gift.
Keeping Families Fun, Fit and Safe

More than 400 Johns Hopkins Bayview neighbors and friends attended the fifth annual Family Fun, Fit & Safe Day on June 8 in Joseph Lee Park. The day was full of dancing, fitness, wellness and safety education. Elected officials and local celebrities — including McGruff the Crime Dog and the Oriole Bird — joined in the fun. Johns Hopkins Bayview’s own trauma team did a “Stop the Bleed” demonstration; the Medical Center nursing team offered CPR instruction; and DJ Diamond Dave Strappelli provided musical entertainment.

Family Fun, Fit & Safe Day is held in collaboration with Baltimore City Recreation and Parks, the Bayview Business Association and the Bayview Community Association. Thanks to everyone who helped to make this a successful event!

Refresh and Recharge!

Whether you are new to yoga or practice regularly, join Nature Sacred on Johns Hopkins Bayview’s labyrinth to exercise your body and refresh your mind!

- Tuesday, July 2, at 3:30 p.m.
- Friday, July 12, at 11 a.m.
- Tuesday, July 16, at 3:30 p.m.

Classes are free and open to the public. Bring your own yoga mat and water.

Not interested in yoga? Visit the labyrinth any time to walk its spiraling path or listen to the trickling sounds of its fountain. It provides a peaceful, quiet and “healing” space to everyone who visits.

For more information about the labyrinth, call 410-550-1197.

Protect Your Eyes From The Sun

Everyone knows how important it is to protect their skin from the sun’s harmful rays, but did you know it’s just as important to protect your eyes? Exposure to the sun’s UV rays can cause cataracts, macular degeneration, corneal sunburn or skin cancer around the eyelids.

Protect your eyes by keeping the following in mind:

- Choose sunglasses that block 99-100% of UVA and UVB rays. Wrap-around glasses are best for preventing UV rays from entering the eyes from the sides and above.
- Wear a hat. Wide-brimmed hats can shade your eyes from the sun.
- Use contact lenses with UV protection. Protection levels may vary, so ask your eye doctor what lenses are the best for you.

Remember, your eye health is just as important as your physical health. The American Optometric Association recommends that adults 18-64 schedule an eye exam every two years.

When was the last time you had your eyes checked? Call 410-550-2360 to schedule your appointment with an optometrist at Wilmer Optical on the Johns Hopkins Bayview campus.