

## **CARDIOVASCULAR DISEASE EDUCATION**

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### **Support groups and classes**

#### **A Sister's Heart**, St. Agnes Hospital

Community-wide education programs, seminars and health screenings. Sponsors support groups. Focus on women.

- For more information: [sistersheart@stagnes.org](mailto:sistersheart@stagnes.org)

#### **Cardiac Support Group**, St. Agnes Hospital

Monthly support group for cardiac patients

- When: 2nd Tuesday of each month 12:00 pm -1:00 pm

- Where: St. Agnes Hospital (main entrance to the hospital)

900 Caton Avenue

Baltimore, MD 21229

- For more information: (410) 368-2246

[www.stagnes.org](http://www.stagnes.org)

#### **C.H.A.M.P. (Church/ Community Health Awareness and Monitoring Program)**,

University of Maryland

Community based health education and prevention program.

- For more information: <http://medschool.umaryland.edu/champ/>

#### **Ciccarone Preventive Cardiology Center**

Dominique Ashen gives periodic lectures on the ABC's of prevention of heart disease.

#### **Community Health Partnership**, Sanofi-Aventis

Empowers minority communities by leveraging and strengthening connections among healthcare providers, community-based resources and patients in an effort to decrease healthcare disparities and enables individuals to take action toward better health. Targets African-Americans.

- When: Pilot program runs through December, 2009

- For more information:

Dwyan Y. Monroe

(443) 453-8648

<http://www.communityhealthpartner.com/>

#### **Diabetes Self-Management Series**, Northwest Hospital

Three part series held in the spring and fall held at Northwest Hospital. Could be offered at Sinai Hospital or another site in the city upon request.

- For more information:

Sister Marie Seton Walsh, RN

(410) 521-5968

#### **Diabetes Seminar**, Johns Hopkins Bayview Medical Center

Educates diabetics.

- For more information:  
Kristin Mears  
(410)-550-8294

**Diabetic Support Group**, St. Agnes Hospital

Support group for diabetic patients

- When: 1st Monday of each month 4:30pm -5:30pm
- Where: St. Agnes Hospital (main entrance to the hospital)  
900 Caton Avenue  
Baltimore, MD 21229
- For more information: (410) 368-8448  
[www.stagnes.org](http://www.stagnes.org)

**Everyday Diabetic Counts**, Medicare

Offers educational classes for diabetic patients receiving Medicare. Targets African-Americans and Asians ages 18-75.

- For more information: Melissa Dorsey  
(202) 496-6550

**Exercise Training in Type 2 Diabetes and Hypertension**, Johns Hopkins Bayview Medical Center

Trains diabetics and hypertension through research program

- For more information:  
Kerry J. Stewart  
(410)-550-0870

**Health of Life/ Salud para la vida**, CareFirst BlueCross BlueShield, Baltimore Medical System

Free monthly diabetes and heart health classes offered in English and Spanish.

- For more information: Miriam Kaiser  
410-558-4077

**Heart Talks**, St. Agnes Hospital

Educational classes. Open to everyone.

- When: monthly (call for dates and times)
- Where: St. Agnes Hospital  
900 Caton Avenue  
Baltimore, MD 21229
- For more information: (410) 368-2246  
[www.stagnes.org](http://www.stagnes.org)

**Search your Heart Program**, The American Heart Association

Community-based education on heart disease and stroke, nutrition, and physical activity. Faith-based. Targets African-Americans and Hispanics/Latinos.

- For more information: Jessica Moise  
Jessica.Moise@heart.org  
<http://www.americanheart.org>

**Sugar Buddies**, People's Community Health Center

Offers multidisciplinary (medical, pharmacy, behavioral health, dental) group education program with peer support. For patients well-established or newly diagnosed with diabetes.

- When: Thursday and Friday mornings
- Where: Offered at two People's Community Health Centers
- For more information:  
Cynthia Keaton  
(410) 467-6040 x2009  
[www.peoplesbaltimore.org](http://www.peoplesbaltimore.org)

**Women's Cardiovascular Health Seminars**, Johns Hopkins Bayview Medical Center

Offers women cardiovascular health education.

- For more information:  
Kristin Mears  
(410)-550-8294

**Annual Events**

**Red Dress Sundays, A Sister's Heart**, St. Agnes Hospital and Baltimore Area Churches

Yearly event held in religious centers educating women about heart disease.

- When: held every February on the Sunday before Valentine's Day
- Where: Baltimore area churches
- For more information:  
[sistersheart@stagnes.org](mailto:sistersheart@stagnes.org)  
<http://www.sistersheart.org>

**Stroke awareness health fair**, Maryland Stroke Center Consortium

Educational information and health screening

- When: Wednesday, May 20, 2009 10:00 am-2:00 pm
- Where: The Kaufman Pavilion Center  
Inner Harbor
- For more information: David Hirsch  
(443) 552-2541

**Information resources**

**American Diabetes Association**

National organization offering online education. Sponsors **Project Power** and **Choose to Live**, community and faith-based programs targeting African Americans.

- For more information: <http://www.diabetes.org>

### **American Heart Association**

National organization offering online education and the **Search Your Heart Program** (see above).

- For more information: (410) 685-7074  
<http://www.americanheart.org/>

### **American Stroke Association**

National organization offering online educational resources.

- For more information: <http://www.strokeassociation.org>

**Baltimore Diabetes Prevention and Control Core**, Johns Hopkins Medical Institute  
Website lists information, trusted weblinks, and links to active Hopkins and University of Maryland diabetes research programs.

- For more information:  
Fred Brancati, MD  
[fbrancat@jhmi.edu](mailto:fbrancat@jhmi.edu)  
<http://cdip.med.jhmi.edu/intro/default.html>

### **Be Fit Baltimore**

Website lists upcoming local fitness events. Provides online education.

- For more information: <http://www.befitbaltimore.com>

### **Sister to Sister: The Women's Heart Health Foundation**

Offers online education and sponsors a yearly health fair (see above).

- For more information:  
Allison Buchalter  
(410) 339-5100, ext. 212  
<http://www.sistertosister.org/>

### **The Heart Truth**, US Dept of Health and Human Services

National campaign to increase awareness and provide public education. Also provides education to healthcare professionals. Focus on women.

- For more information: <http://www.womenshealth.gov/hearttruth/>

### **Healthy Hearts, Sugar Smart**, Miracle Temple

Educates church members on heart disease, diabetes management, prevention, and where to get help.

- When: Thursday afternoons  
Next health fair May 31, 2009  
- For more information: <http://www.fccwa.org/>

### **Maryland Health Go Local**, University of Maryland

Website -Maryland Health → Go Local is a directory of local health-related services and programs serving the citizens of Maryland. The directory listings link to reliable health information provided by the National Library of Medicine's MedlinePlus database.

- For more information: [Medlineplus.gov/Maryland](https://medlineplus.gov/Maryland)