

DIVORCED? SEPARATED? WE CAN HELP

DivorceCare is a weekly seminar/support group that will help you heal from the hurt. It's a warm, caring environment led by people who understand what you are going through. Gain hope for your future!

Contact us today for more information

September 30, 2022 - June 9, 2023
410-747-3417

divorcecare@msbcministries.org

Sponsored by
Morning Star Baptist Church

Find Help • Discover Hope
Experience Healing

DIVORCE Care

WHAT'S IN THIS MONTH'S ISSUE:

- Divorce Care Kick- Off - September 30, 2022
- Grief Share Kick – Off – October 1, 2022
- Weight Loss Program with Baltimore. County Health Department
- Upcoming Events

Upcoming Events



TAKING OFF POUNDS SENSIBLY

**REAL PEOPLE.
REAL WEIGHT LOSS.**

TRY FOR FREE

- Come to our informational meeting
- Discover the proven weight-loss method
- Experience group support, wellness education, and more!

Contact:

Olivia Massa
(Baltimore County Department of Health)
410-877-2725
omassa@baltimorecountymd.gov

OR
Imani Rose
(Morning Star Baptist Church)
P: 410-365-5323
email: wellness@msbcministries.org



Baltimore County Department of Health
A county where people lead healthy, safe, productive lives
Gregory Wm. Branch, M.D., MBA, CH, FAAP—Director, Health and Human Services
Baltimore County Executive Johnny Olszewski and the Baltimore County Council



October 17, 2022
6:30pm-7:30pm

Morning Star Baptist Church
1512 Woodlawn Drive
Gwynn Oak, MD 21207

Blood Pressure Program

HEAL – Blood Pressure MD Program
Get Free Blood Pressure cuff / Let's heal blood pressure together
email wellness@msbcministries.org for more info.

GRIEF SUPPORT GROUP

Help and encouragement after the
death of a loved one

GriefShare is a special weekly seminar and support group designed to help you rebuild your life. We know it hurts, and we want to help.

Saturdays 10:00am – 11:30pm
October 1 - December 17, 2022
Morning Star Baptist Church
1512 Woodlawn Drive, Gwynn Oak, MD 21207
griefministry@msbcministries.org

GRIEF SHARE



- Wear the color of the Cancer that you want to bring awareness to.
- Be sure to visit the table in the lobby
- We invite persons to be a part of the Cancer Awareness dance; please reach out by Oct. 6th.
- Email; wellness@msbcministries.org / Cancersupport@msbcministries.org

H.E.A.L.T.H. Ministry Emails

H.E.A.L.T.H. Ministry
wellness@msbcministries.org

Never Give Up Never Give In Cancer Support Min.
cancersupport@msbcministries.org

Fitness & Nutrition Ministry
wellness@msbcministries.org

Divorce Care/ DC4K
divorcecare@msbcministries.org


RAAY'S of Hope (HIV Ministry)
raaysofhope@msbcministries.org

Caregivers Ministry
caregivers@msbcministries.org

Grief Ministry
griefministry@msbcministries.org

BALTIMORE COUNTY

Diabetes Prevention and Management Program



Are you at risk for prediabetes? More than 84% of adults do not know if they have prediabetes.

1 in 3 adults have prediabetes

Are you one of them?
 Join us for a discussion with a dietitian to learn if you are at risk for prediabetes. Get information about healthy eating behaviors and what you can do to prevent Type 2 Diabetes.

Where




Randallstown Library
 8604 Liberty Rd
 Randallstown, MD 21133

When

Fourth Tuesday of the month
 10:30am, 11:00am, 11:30 am, 12 noon

How

Walk-ins welcome !



 Baltimore County Department of Health
Healthy people, living, working, and playing in Baltimore County. Programs, services, and information for Baltimore County residents. Baltimore County Executive Johnny Olszewski, Jr. and the Baltimore County Council. Funded by state and federal dollars.


Vaccine Clinic

October 16th, 2022, 9:30 am – 2pm
 1512 Woodlawn Drive, Gwynn Oak, MD 21207

Pfizer and Moderna (1st & 2nd doses), and new formulated booster shots will be available, along with the seasonal flu and pneumonia shots.

Kaiser Health Van



Saturday October 8th, 2022 8 am- 12 pm

- Blood Pressures
- Cholesterol
- Glucose (A1C)
- Height, Weight and BMI calculation