

# Self Help Group/ Physical Wellness Meetings

To become a Self-Help Group Leader  
please call 443-641-1200.

## ***Allegany County***

### **Cumberland**

Second Tuesday, 7:00 p.m.  
Memorial Hospital Auditorium  
Melanie: (814) 624-8015

### **Lavale**

First Friday, 4:00 p.m.  
Norma: (301) 777-9613  
Kent: (301) 729-8065

## ***Anne Arundel County***

### **Glen Burnie**

Fourth Tuesday, 11:00 a.m.  
Denise: (410) 255-7994  
Mike: (443) 694-6180

### **Pasadena**

Second Monday, 7:00 p.m.  
Laura: (410) 360-5988

## ***Baltimore City***

### **All Together Group**

Second Saturday, 10:30 a.m.  
Dana: (410)644-0822  
Isabelle: (410) 358-5267

## ***Baltimore County***

### **Perry Hall**

Third Thursday, 11:00 a.m.  
Chris: (410) 821-5790

### **Perry Hall/ Mildly Affected Group**

Second Tuesday, 7:00 p.m.  
Jane: (410) 529-5457  
Diane: (443) 567-6400  
Cathy: (410) 665-7020

### **Perry Hall/ Supportive Partners Group**

First Tuesday, 7:30 p.m.  
Ken: (410) 391-9396

### **Owings Mills**

Second Thursday, 7:00 p.m.  
Cheryl: (410) 581-0332

## ***Carroll County***

### **Westminster/Mildly Affected Group**

Fourth Tuesday, 7:00 p.m.  
Dawn: (410) 756-1033  
Joan: (410) 848-8658

### **Westminster/ MS Self-Help Daytime Group and Supportive Partners Group**

Second Monday, 10:00 a.m.  
Cassie: (410) 756-1943  
Donna: (410) 875-4173

## ***Dorchester County***

### **Cambridge**

Third Wednesday, 1:00 p.m.  
Brenda: (410) 228-8446

## ***Frederick County***

### **Mildly Affected Group**

Fourth Sunday, 3:00 p.m.  
Melissa: (301): 668-2948

## ***Harford County***

### **Aberdeen**

Last Friday, 3:00 p.m.  
Rosemary: (410) 272-5637

## ***Howard County***

### **Columbia Mildly Affected and Supportive Partners Group**

Third Wednesday, 7:00 p.m.  
Mary: (410) 442-2736  
Ed/Evelyn: (410) 715-1325

## ***Kent County***

### **Chestertown**

Third Thursday, 12:30 p.m.  
Ida: (410) 778-7956

**Queen Anne's County**

**Kent Island**

Third Wednesday, 1:30 p.m.  
Whitney Pogwist,  
National MS Society, (443) 641-1213

**Talbot County**

**Easton**

For more details call Whitney Pogwist,  
National MS Society at (443) 641-1213

**Washington County**

**Hagerstown**

Third Tuesday, 7:00 p.m.  
Debbie: (301) 797-3793  
Carole: (301) 393-8589

**Wicomico County**

**Salisbury Lunch Group**

Third Thursday, 12:00 p.m.  
Barb: (410) 835-2229

**Worcester County**

Third Friday, 2:00 p.m.  
Barb: (410) 213-7735

*These groups are not affiliated with us financially, but could be helpful to members:*

**Pain Connection Support Group**

Second Thursday 1:00 p.m. - 2:30 p.m.  
Linda: (410) 533-2999 or  
(410) 672-0030

No cost to attend.  
This is not affiliated with us financially, but could be helpful to members.

**Frederick**

An MS Foundation Sponsored Group  
Third Monday, 7:00 p.m.  
Deann: (301) 293-6080

**Physical Wellness Meetings** ←

*For referrals to Fitness Facilities and Instructors in your areas, please call 1-800-344-4867.*

**Maryland Athletic Club—  
Reduced membership for people living with MS**

110 West Timonium Road  
Timonium, MD 21093  
Call for more details: (410) 308-9027

**Towson Yoga  
The Newman Center**

10:30 a.m.–11:30 a.m.  
5828 York Road  
Towson, MD 21252  
Call Robert for more details: (410) 828-0622

**The Yoga Center of Columbia**

*Instructor: Heidi Pardue  
For more details, please contact Heidi at  
410-746-0673 or shppardue@msn.com*

Mondays 11:15 a.m.–12:30 p.m.  
Instructor: Heidi Pardue  
Columbia Location  
8950 Route 108, Suite 109  
Columbia, MD 21045

Tuesdays 6:15 p.m.–7:30 p.m.  
Riverhill Location  
6100 Day Long Ln. Suite 210  
Clarksville, MD 21029

**Severna Park Aquatics  
Spa Aquatics**

Saturdays 10:30 a.m.–11:30 a.m.  
623 Baltimore Annapolis Boulevard  
Severna Park, MD 21146  
Call Maureen for more details:  
(410) 315-7779