

# Classes And Support Groups

## AUGUST 2010

### CANCER

#### **Cancer Patients' Hope and Caregivers' Support Groups**

Tuesday, August 3, 2pm  
Mease Countryside Hospital,  
Meeting Rooms 4 & 5

#### **Cancer Support Group (Men)**

Wednesday, August 11, 4pm  
Powell Cancer Center, Cancer Patient Support  
Services Library

#### **Cancer Support Group (Women)**

Monday, August 2, 6pm  
Powell Cancer Center, Community Room

#### **Cancer Support Group (Young Women)**

Tuesday, August 10, 6:30pm  
Mease Countryside Hospital, Shaffer Tower,  
4th Floor, Evelyn R. Simmers Oncology  
Resource Library

#### **Fill A Heart With Hope**

Wednesday, August 11, 10am  
Powell Cancer Center, Community Room

#### **Head and Neck Cancer Support Group**

Monday, August 23, 7pm  
Bardmoor Surgery Center, Administration  
Conference Room

#### **Look Good... Feel Better**

Wednesday, August 25, 3:30pm  
Morton Plant North Bay Hospital, Bekesh  
Education and Conference Center

#### **LUNA (Luna De Pinellas) Cancer Support Group in Spanish**

Tuesday, August 10, 6pm  
Powell Cancer Center, Community Room

#### **Multiple Myeloma Support Group**

Saturday, August 28, 10:30am  
Mease Countryside Hospital, Meeting Room 3

#### **Prostate Cancer Discussion Group**

Tuesday, August 10, 2pm  
Mease Countryside Hospital, Shaffer Tower,  
4th Floor, Evelyn R. Simmers Oncology  
Resource Library

#### **Thyroid Cancer Support Group**

Saturday, August 14, 10:30am  
Morton Plant Hospital, Tuttle Auditorium,  
Room D

### PARENTING

#### **Big Brothers/Big Sisters**

Thursday, August 19, 6pm  
Mease Countryside Hospital, Shaffer Tower,  
5th Floor Conference Room

Thursday, August 26, 6pm

Sarah Walker Women's Center,  
2nd Floor Classroom

#### **Birth Center Tour**

Wednesday, August 4, 5:15pm, 6:15pm &  
7:15pm

Sunday, August 22, 4:30pm, 5:30pm & 6:30pm  
Sarah Walker Women's Center, Lobby

Sunday, August 8 & 29, 4:30pm, 5:30pm & 6:30pm

Wednesday, August 25, 5:15pm, 6:15pm &  
7:15pm

Mease Countryside Hospital, Shaffer Tower,  
5th Floor Lobby

#### **Boot Camp for New Dads**

Saturday, August 28, 10am  
Morton Plant Hospital, Tuttle Auditorium,  
Rooms A & B

#### **Breastfeeding – Part 1\***

Monday, August 9, 7pm  
Sunday, August 29, 1pm  
Mease Countryside Hospital, Shaffer Tower,  
5th Floor Conference Room

Saturday, August 21 & 28, 10am

Sarah Walker Women's Center,  
2nd Floor Classroom

#### **Breastfeeding Support Group**

Wednesday, August 11 & 25, 10am  
Mease Countryside Hospital, Shaffer Tower,  
5th Floor Conference Room

#### **Childbirth Preparation – Two 2.5-hour Classes\***

Monday, August 16 & 23, 7pm  
Sarah Walker Women's Center,  
2nd Floor Classroom

#### **Childbirth Preparation – Half-day Intensive\***

Saturday, August 7, 9am  
Sunday, August 15, 1pm  
Mease Countryside Hospital, Shaffer Tower,  
5th Floor Conference Room

Saturday, August 14, 9am

Sunday, August 29, 1pm  
Sarah Walker Women's Center,  
2nd Floor Classroom

#### **Childbirth Preparation – Natural**

Thursday, August 12, 7pm  
Sarah Walker Women's Center,  
2nd Floor Classroom



*\*Fee for class*

To make reservations or for more information, call (727) 953-6829 or visit us at [MPMHealth.com](http://MPMHealth.com).

# Classes And Support Groups

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## PARENTING

### Infant/Child CPR

Saturday, August 21, 10am  
Morton Plant Hospital, Tuttle Auditorium,  
Rooms A & B

### Newborn Care\*

Wednesday, August 11, 7pm  
Monday, August 30, 7pm  
Sarah Walker Women's Center,  
2nd Floor Classroom

Saturday, August 21, 10am  
Thursday, August 26, 7pm  
Mease Countryside Hospital,  
Meeting Rooms 4 & 5

### Nursing Moms Care and Share (Infants)

Friday, August 6 & 20, 10am  
Sarah Walker Women's Center,  
2nd Floor Classroom

### Nursing Moms Care and Share (Toddlers)

Friday, August 13, 10am  
Sarah Walker Women's Center,  
2nd Floor Classroom

### Pelican Club Coffee (Expectant Parents)

Saturday, August 7, 9am  
Mease Countryside Hospital, Meeting  
Rooms 1-5

Saturday, August 7, 9am  
Morton Plant Hospital, Tuttle Auditorium,  
Rooms A & B

### Prenatal Yoga

Tuesday, August 3, 10, 17, 24 & 31, 5:45pm  
Sarah Walker Women's Center,  
2nd Floor Classroom

### StrollerFit

Saturday, August 14, 2pm  
Sarah Walker Women's Center,  
2nd Floor Classroom

### Water Birth

Monday, August 2, 7pm  
Sarah Walker Women's Center,  
2nd Floor Classroom

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## SLEEP

### AWAKE: Sleep Disorder Support Group

#### Lecture: Tips on Tolerating CPAP

Featuring: Deborah Bloome, PhD  
Wednesday, August 18, 6pm  
Mease Countryside Hospital,  
Meeting Rooms 1 & 2

### CPAP/Bi-level Clinic

Monday, August 2, 9, 16, 23 & 30, 1pm  
Morton Plant North Bay Medical Arts Building

Tuesday, August 3, 10, 17, 24 & 31, 10am  
Mease Countryside Hospital,  
Medical Arts Building, Suite 120

Wednesday, August 4, 11, 18 & 25, 9am  
Bardmoor Medical Arts Building, Suite 210

Friday, August 6, 13, 20 & 27, 9am  
BayCare Outpatient Center, Suite 115

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## STROKE

### Stroke Support Group

Thursday, August 26, 10:30am  
Morton Plant North Bay Hospital, Bekesh  
Education and Conference Center

### 2 Timers Stroke Survivor Caregiver Support Group

Wednesday, August 11, Noon  
Mease Countryside Hospital,  
Meeting Rooms 1 & 2

## NEUROSCIENCES

### Alzheimer's Caregivers' Support Group

Monday, August 9 & 23, 10am  
Ptak Orthopaedic and Neuroscience Pavilion,  
Conference Center, Room 114

### Brain Tumor Support Group

Thursday, August 26, 6pm  
Mease Dunedin Hospital, Meeting Room 1

### Early Stage Alzheimer's Support Group for Patients

Monday, August 2 & 16, 1pm  
Ptak Orthopaedic and Neuroscience Pavilion,  
Conference Center, Room 114

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## WEIGHT LOSS

### Bariatric Support Group

Wednesday, August 4, 6pm  
Mease Dunedin Hospital, Meeting Room 2

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## WELLNESS

For a listing of the latest classes available at our Clearwater, Palm Harbor and St. Petersburg Wellness Center locations, visit [BayCare.org/WellnessCenters](http://BayCare.org/WellnessCenters).

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*Note: Many of these classes and support groups meet monthly. For information on future classes, please contact the number below or visit our Web site.*

*\*Fee for class*

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**To make reservations or for more information, call (727) 953-6829 or visit us at [MPMHealth.com](http://MPMHealth.com).**

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#### **BARDMOOR MEDICAL ARTS BUILDING**

8839 Bryan Dairy Road  
Largo

#### **BARDMOOR SURGERY CENTER**

8787 Bryan Dairy Road  
Largo

#### **BAYCARE OUTPATIENT CENTER**

12780 Race Track Road  
Tampa

#### **MEASE COUNTRYSIDE HOSPITAL**

3231 McMullen Booth Road  
Safety Harbor

#### **MEASE COUNTRYSIDE HOSPITAL**

MEDICAL ARTS BUILDING  
1840 Mease Drive  
Safety Harbor

#### **MEASE DUNEDIN HOSPITAL**

601 Main St.  
Dunedin

#### **MORTON PLANT HOSPITAL**

300 Pinellas St.  
Clearwater

#### **MORTON PLANT**

**NORTH BAY HOSPITAL**  
6600 Madison St.  
New Port Richey

#### **MORTON PLANT NORTH BAY**

**MEDICAL ARTS BUILDING**  
6633 Forest Ave.  
New Port Richey

#### **POWELL CANCER CENTER**

MORTON PLANT HOSPITAL  
303 Pinellas St.  
Clearwater

#### **PTAK ORTHOPAEDIC AND**

**NEUROSCIENCE PAVILION**  
MORTON PLANT HOSPITAL  
430 Morton Plant St.  
Clearwater

#### **SARAH WALKER WOMEN'S CENTER**

MORTON PLANT HOSPITAL  
300 Pinellas St.  
Clearwater