

# CALENDAR OF EVENTS

## August 2010

### Health & Wellness Series

#### FOOD ALLERGIES

**August 10, 6:00 PM – 7:00 PM**

Food allergies can manifest themselves as rashes, swelling of the skin, nasal congestion, nausea, diarrhea or anaphylactic shock. Come learn more about the diagnosis and treatment for food allergies. Presented by board certified allergist Santiago Martinez, M.D. To register call 352.394.4071, ext. 4412. Free and open to the public.

#### MEN'S PROSTATE SCREENING

**September 11, 9:00 AM – 12:00 PM**

Brief educational program, followed by prostate screening. Includes digital exam (DRE) and prostate specific antigen (PSA) blood test. Presented by Kenneth Essig, M.D., board-certified urologist. Screening fee is \$10. Pre-registration is required. For more information call 352.241.7109.

#### WOMEN'S HEALTH DURING PREGNANCY

Prenatal care and a women's health during pregnancy are important factors in having a healthy baby. With numerous sources of information available today, it can become overwhelming and confusing knowing what information is accurate and important for your health throughout pregnancy. Come learn about infertility issues and options, prenatal and postpartum care and other pregnancy related issues. Presented by Manny Herrera, M.D., Obstetrics and Gynecology. To register call 352.394.4071, ext. 4412. Free and open to the public.

### Educational Programs

#### AARP DRIVER'S SAFETY PROGRAM

**September 7 & 12, 9:00 AM – 12:00 PM**

A 2-day course developed by AARP designed to update seniors on how to drive defensively. Course fee \$12 for AARP members, \$14 for non-members (make checks payable to AARP). To register call Pearl Strong 352.394.0250.

#### BREASTFEEDING WORKSHOP I

**August 4, 6:30 PM – 9:00 PM**

Course fee \$30, or \$15 for Childbirth Education class attendees. To register call 352.241.7109.

#### BREASTFEEDING WORKSHOP II

**August 9, 6:30 PM – 8:30 PM**

Advanced topics including maintaining breast milk supply, pumping and returning to work, and incorporating solid foods while continuing to breastfeed. Course fee, \$30.00. To register call 352.241.7109.

#### CHILDBIRTH EDUCATION

**Express Class: August 7, 9:00 AM – 5:00 PM**

**Five Week Series: August 17 – September 14, 6:30 PM – 8:30 PM**

Prepares new parents for labor, delivery and postpartum, also how to care for yourself and your baby after delivery. To register and for fee information call 352.241.7109.

#### CPR TRAINING

**August 11, 6:00 PM – 10:00 PM**

**August 27, 8:30 AM – 1:00 PM**

Cardiopulmonary resuscitation training for community members and health care professionals. Course fee \$25. For more information call 352.241.7109.

#### DIABETES SELF-MANAGEMENT EDUCATION

**August 11 & 25, 8:30 AM – 3:30 PM**

A one day program designed to help diabetics learn self-care behaviors. Course fee \$10. To register call 352.241.7109.

#### FIRST AID

**August 25, 6:00 PM – 10:00 PM**

Basic First Aid covering the most common medical and injury scenarios. Course fee \$25. For more information call 352.241.7109.

#### NAMI FAMILY TO FAMILY EDUCATION PROGRAM

**Classes begin October 7, 7:00 PM - 9:00PM**

FREE 12 - week series class structured to help caregivers, family members, partners, and significant others understand & support individuals with serious mental illness while maintaining their own well being. To register call 1-800-482-6847.

#### NEWBORN CARE CLASS

**August 3, 6:30 PM – 8:30 PM**

This class will teach you how to care for your newborn so that you will feel more confident when you take your baby home. Free to those attending five week Childbirth Education class, all others \$15. To register call 352.241.7109.

#### NEW VISION GROUP

**August 3, 2:00 PM – 4:00 PM**

An overview of programs and services available for people with visual impairments and adjusting to vision loss. All are welcome to attend. Please RSVP to New Vision for Independence at 352.435.5040.

#### SMOKING CESSATION

**Classes held Monday evenings, 6:30 PM - 8:30 PM**

Eight week smoking cessation course. Instructor teaches a step-by-step method for changing behavior, quitting smoking or other nicotine addiction habits. Course fee \$50. For more information call 352.241.7109.

### Support Groups

#### BETTER BREATHERS

**Will Resume in the Fall**

Support program for people with chronic lung and breathing problems. Free program. For more information call 352.241.7109.

#### BREAST CANCER SUPPORT GROUP

**August 12, 7:00 PM – 9:00 PM**

Free program. For more information call 352.227.4410 or 352.429.9343.

#### FIBROMYALGIA SUPPORT GROUP

**August 11, 6:00 PM – 7:00 PM**

Free program. For more information call 352.394.0833.

#### JOINT REPLACEMENT EDUCATION

**August 3 & 17, 10:00 AM – 12:00 PM**

Program for patients scheduled for hip or knee replacement surgery at South Lake Hospital. Free program. For more information call 352.394.4071, ext. 4419.

#### LUPUS SUPPORT GROUP

**August 21, 12:00 PM**

Free program. To confirm date and time, call 352.394.4210.

#### MOM'S MORNING OUT

**Classes held Wednesday mornings, 10:00 AM - 11:30 AM**

Bring your newborn to six month old and join our casual, fun and supportive group as we discuss parenting issues and provide professional breastfeeding support. Free program. Located at the Centre for Women's Health 2nd floor Sunroom. For more information call 352.241.7109.

#### MULTIPLE SCLEROSIS GROUP

**August 25, 10:00 AM – 12:00 PM**

Free program. For more information call 352.241.7109.

Unless otherwise noted, all classes are held at the National Training Center (NTC), 1935 Don Wickham Drive, Clermont

[southlakehospital.com](http://southlakehospital.com)



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