

CALENDAR OF EVENTS

March 2010

Health & Wellness Series

CHOLESTEROL & BLOOD PRESSURE MARCH 4, 6:00 PM - 7:00 PM

Presented by Clay Nordquist, M.D., board-certified family practice physician. Two of the most important factors affecting heart health are also two of the most easily overlooked, since we often don't feel ill when our cholesterol and/or blood pressure is elevated. Come learn strategies for keeping tabs on these two important factors of cardiovascular health.

HOW TO BETTER CARE FOR YOUR PARENTS MARCH 17, 6:00 PM - 7:00 PM

Learn about senior care, including legal issues facing seniors and caregivers as well as healthcare options. Presented by Lola Saxby, RN, MSN, CCM, South Lake Hospital Case Management Manager & Kathy Schlachter, MSN, MBA, South Lake Hospital Home Health Director.

USE MEDICINES SAFELY: PROCEED WITH (PHARMACEUTICAL) CARE APRIL 22, 6:00 PM - 7:00 PM

Most Americans find multiple prescription and over-the-counter medications in their medicine cabinets. Learn how you can work with your pharmacist to correctly take your medications to help keep you healthy. Presented by Rachel Klein, RPh, South Lake Hospital Pharmacist.

To register for any of the above Health & Wellness events, call 352.394.4071, ext. 4412. The Health & Wellness Series is free and open to the public.

Educational Programs

AARP DRIVER'S SAFETY PROGRAM MARCH 2 & 4, 9:00 AM - 1:00 PM

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

BREASTFEEDING WORKSHOP

MARCH 3, 6:30 PM - 9:00 PM

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

CHILDBIRTH EDUCATION

Express Class: Saturday, APRIL 10, 9:00 AM - 5:00 PM
Five Week Series: MARCH 30- APRIL 27, 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 call 352.241.7109.

NEWBORN CARE CLASS

MARCH 23, 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.

CPR TRAINING

MARCH 10, 6:00 PM - 10:00 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 MARCH 3 & 24, 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.

NEW VISION GROUP

MARCH 2, 2:00 PM - 4:00 PM

Informative sessions to educate the public, nurses and medical professionals about interacting with individuals with blindness. For more information call 352.435.5040.

SAFE SITTER®

APRIL 8 & 9, 9:00 AM - 4:00 PM

Safe Sitter® teaches adolescent babysitters how to handle crises & how to nurture & guide a young child. Safe Sitter® babysitters help children stay safe & sound while their parents are away. In the process these 11 to 13 year olds emerge as more confident, responsible & compassionate teens & adults. Course fee \$50. To register call 352.394.4071, ext. 4419.

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

MARCH 9, 1:00 PM - 3:00 PM

Topic: "Understanding COPD" Support program for people with chronic lung and breathing problems. Free program. For more information call 352.241.7109.

BREAST CANCER SUPPORT GROUP

MARCH 11, 7:00 PM - 9:00 PM

Free program. For more information call 352.227.4410 or 352.429.9343.

FIBROMYALGIA SUPPORT GROUP

MARCH 10, 6:00 PM - 7:00 PM

Free program. For more information call 352.394.0833.

JOINT REPLACEMENT EDUCATION

MARCH 2 & 16, 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

MARCH 20, 12:00 PM

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

MOM'S MORNING OUT

MARCH 3, 10, 17, 24, & 31 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.

Unless otherwise noted, all classes are held at the National Training Center (NTC), 1109 Citrus Tower Blvd., Clermont

