

CALENDAR OF EVENTS

ORLANDO
HEALTH®
South Lake Hospital

OCTOBER, NOVEMBER, DECEMBER 2017

COMMUNITY EDUCATION

To register for educational programs and for more information, please call 352.241.7109. For full class descriptions and costs, please visit SouthLakeHospital.com and click on **Community Education**.

Unless otherwise noted, all classes are held at the **National Training Center**, 1935 Don Wickham Drive in Clermont. Visit SouthLakeHospital.com.



EDUCATIONAL PROGRAMS

AARP DRIVER SAFETY COURSE

- November 14 and 16, 6 pm – 9 pm
Please call 352.394.0250 to register.

ACLS FULL COURSE

- December 7 and 8, 8:30 am – 4:30 pm

ACLS RENEWAL

- October 6, 8:30 am – 4:30 pm
- November 3, 8:30 am – 4:30 pm
- December 1, 8:30 am – 4:30 pm

BLS FULL PROVIDER

- October 11, 6 pm – 10 pm
- November 8, 6 pm – 10 pm
- December 13, 6 pm – 10 pm

BLS MARATHON

- October 12, 7:30 am or 10:30 am
- November 9, 7:30 am or 10:30 am
- December 14, 7:30 am or 10:30 am

BREASTFEEDING SUPPORT LINE

352.394.4071, ext. 4380

CHILDBIRTH CLASS

Sky Top Conference Room
• October 14, 9 am – 5 pm
• November 18, 9 am – 5 pm
• December 9, 9 am – 5 pm
Cost \$75

EATING WELL WITH DIABETES

- October 4, 9:30 am – 1 pm
- November 1, 9:30 am – 1 pm
- December 6, 9:30 am – 1 pm

ESTABLISHING BREASTFEEDING

Sky Top Conference Room
• October 17, 6:30 pm – 9 pm
• November 21, 6:30 pm – 9 pm
• December 5, 6:30 pm – 9 pm
Cost: \$20

FIRST AID

- October 4, 6 pm – 10 pm

HEART HEALTHY EATING CLASS

- October 17, 9:30 am – 1 pm
- November 21, 9:30 am – 1 pm
- December 19, 9:30 am – 1 pm

JOINT REPLACEMENT

Sky Top Conference Room. Please call 352.394.4071, ext. 8135 to register.

TUESDAYS AND SATURDAYS, 10 am – 12 pm

- October 3, 7, 17, 21
- November 4, 7, 21, 25
- December 2, 5, 19, 16

THURSDAYS, 4:30 pm – 6:30 pm

- October 5 and 19
- November 9 and 30
- December 14

NEWBORN CARE CLASS

Sky Top Conference Room
• October 24, 6:30 pm – 8:30 pm
• November 28, 6:30 pm – 8:30 pm
• December 12, 6:30 pm – 8:30 pm
Cost \$20

NRP

- October 12, 8:30 am – 11:30 am
- November 16, 8:30 am – 11:30 am

PALS

- October 13, 8:30 am – 4:30 pm
- December 15, 8:30 am – 4:30 pm

SMOKING CESSATION

Tools to Quit Program
6:30 pm – 8:30 pm
• October 23
• December 11

Quit Smoking Now Program
Weekly Mondays

6:30 pm – 7:30 pm
• October 30 – November 27

STABLE

- November 30, 8:30 am – 12:30 pm

SUPPORT GROUPS

BETTER BREATHERS

- October 10, 5 pm – 6:30 pm
- November 14, 5 pm – 6:30 pm
- December 12, 5 pm – 6:30 pm

BREAST CANCER SUPPORT GROUP

- October 12, 7 pm – 9 pm
 - November 9, 7 pm – 9 pm
 - December 14, 7 pm – 9 pm
- For more information call 352.429.9343

MOM'S MORNING OUT

2nd Floor, Women's Center
Wednesdays, 10 am – 11:30 am
For moms with newborns to 4-month-olds
Cost: \$5 per visit

MULTIPLE SCLEROSIS SUPPORT GROUP

- October 18, 10 am – 12 pm
- November 15, 10 am – 12 pm
- December 20, 10 am – 12 pm

MYOSITIS SUPPORT GROUP

- October 28, 9:30 am – 2:30 pm

STROKE SUPPORT GROUP

- October 11, 12:30 pm – 2:30 pm
- November 8, 12:30 pm – 2:30 pm
- December 13, 12:30 pm – 2:30 pm

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