

Support Groups And Classes

MARCH 2009

CANCER

Cancer Patients' and Caregivers' Hope Group

Wednesday, March 11, 6pm
Powell Cancer Center, Community Room

Cancer Patients' Hope and Caregivers' Support Group

Wednesday, March 25, 2pm
Mease Countryside Hospital,
Meeting Rooms 3 & 4

Cancer Support Group (Women)

Monday, March 2 & 16, 6pm
Powell Cancer Center, Community Room

Tuesday, March 17, 2:30pm
Mease Countryside Hospital, Shaffer Tower,
4th Floor, Evelyn R. Simmers Oncology
Resource Library

Cancer Support Group (Young Women)

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

Fill-A-Heart Group

Thursday, March 5, 9:30am
Mease Countryside Hospital, Shaffer Tower,
4th Floor, Evelyn R. Simmers Oncology
Resource Library
For more information, please call (727) 375-9265.

Handcrafters' Circle

Monday, March 9 & 23, 1pm
Powell Cancer Center, Community Room

Hands for Hope "Chemo Brain" Support Group

Monday, March 2, 6pm
Cheek-Powell Heart and Vascular Pavilion,
Meeting Room A

Look Good... Feel Better

Monday, March 9, 10am
Powell Cancer Center, Community Room

LUNA (La Luna De Pinellas)

Cancer Support Group in Spanish
Tuesday, March 10, 6pm
Powell Cancer Center, Community Room

Multiple Myeloma Support Group

Saturday, March 21, 10:30am
Mease Countryside Hospital, Meeting Room 5

Prostate Cancer Discussion Group

Wednesday, March 11, 2pm
Mease Countryside Hospital, Shaffer Tower,
4th Floor, Evelyn R. Simmers Oncology
Resource Library

Thyroid Cancer Support Group

Saturday, March 14, 10:30am
Morgan Heart Hospital at Morton Plant,
2nd Floor, Multipurpose Resource Room

PARENTING

Birth Center Tour

Sunday, March 1 & 15
4:30pm, 5:30pm and 6:30pm
Mease Countryside Hospital,
Shaffer Tower, 5th Floor Lobby

Wednesday, March 11 & 25

6:15pm and 7:15pm
Sarah Walker Women's Center, Lobby

Breastfeeding - Part 1*

Monday, March 9, 6:30pm
Saturday, March 21, 10am
Mease Countryside Hospital, Shaffer Tower,
5th Floor Conference Room

Wednesday, March 25, 6:30pm
Sarah Walker Women's Center,
2nd Floor Classroom

Boot Camp for New Dads*

Saturday, March 7, 10am
Morton Plant Mease Outpatient Center-
Trinity, Community Room

Saturday, March 21, 10am
Morton Plant Hospital, Tuttle Auditorium

Breast-feeding Support Group

Wednesday, March 11 & 25, 10am
Mease Countryside Hospital,
Meeting Rooms 4 & 5

Childbirth Preparation - Two 2.5 Hour Classes*

Tuesday, March 3 & 10, 7pm
Mease Countryside Hospital,
Meeting Rooms 4 & 5

Childbirth Preparation - Half-Day Intensive*

Saturday, March 21, 9am
Morton Plant Mease Outpatient Center-
Trinity, Community Room

Sunday, March 22, 1pm
Sarah Walker Women's Center,
2nd Floor Classroom

Childbirth Preparation - Single Moms*

Saturday, March 21, 1pm
Sarah Walker Women's Center,
2nd Floor Classroom

Infant/Child CPR*

Thursday, March 5, 6pm
Morton Plant Hospital, Tuttle Auditorium

Infant Safety

Thursday, March 26, 7pm
Babies "R" Us

Natural Childbirth*

Thursday, March 5, 7pm
Sarah Walker Women's Center,
2nd Floor Classroom

More on reverse

**Fee for class*

Support Groups And Classes

Newborn Care*

Tuesday, March 10, 6:30pm
Morton Plant Mease Outpatient Center–
Trinity, Community Room

Wednesday, March 11, 7pm
Monday, March 23, 7pm
Sarah Walker Women's Center,
2nd Floor Classroom

Saturday, March 14, 10am
Mease Countryside Hospital,
Meeting Rooms 4 & 5

Wednesday, March 25, 7pm
Mease Countryside Hospital,
Meeting Rooms 1-3

Nursing Moms Care and Share (Infants)

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

Nursing Moms Care and Share (Toddlers)

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

Waterbirth*

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

Yoga – Baby and Me*

Thursday, March 5, 12, 19 & 26, 3pm
Yoga Village

Yoga – Prenatal*

Tuesday, March 3, 10, 17, 24 & 31, 5:45pm
Yoga Village

PULMONARY

ICD (Implantable Cardioverter Defibrillator) Support Group

Thursday, March 19, 7pm
Mease Countryside Hospital,
Meeting Rooms 1 & 2

Smoke Free Support Group

Tuesday, March 10, 5pm
Morton Plant Mease Lung Center

SLEEP

AWAKE: Sleep Disorder Support Group

Wednesday, March 18, 6pm
Bardmoor Medical Arts Building,
Conference Center, Room 120

CPAP/BiPAP Clinic

Monday, March 2, 9, 16, 23 & 30, 1pm
Morton Plant North Bay Hospital
*For more information please call
(800) 940-5151, press option #4.*

Tuesday, March 3, 10, 17, 24 & 31, 10am
Mease Countryside Hospital,
Medical Arts Building, Suite 105

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

OTHER

Alzheimer's Caregivers' Support Group

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

Collage Your Light: Creating a Vision Board for Your Best Life*

Wednesday, March 18, 9am
Sarah Walker Women's Center,
2nd Floor Classroom

Gastric Bypass Support Group

Tuesday, March 10, 6pm
Mease Countryside Hospital,
Meeting Room 2

Gastric LAP-BAND® Support Group

Wednesday, March 18, 6:30pm
Mease Dunedin Hospital,
Education Conference Room

Memory Fit Training*

Wednesday, March 4, 10am
(Class will meet for five consecutive weeks.)
Calvary Episcopal Church

2 Timers Stroke Survivor Caregiver Support Group

Wednesday, March 11, Noon
Mease Countryside Hospital,
Meeting Rooms 1 & 2
*To register for this group, please call
(727) 504-0954.*

Weight Loss Surgery Support Group

Wednesday, March 11, 7:30pm
Saturday, March 28, 10am
Morton Plant Hospital, Tuttle Auditorium

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

**Fee for class*

**To make reservations or for more information, call (727) 462-7500 or visit us at
mpmhealth.com.**

BABIES "R" US
21315 US
Highway 19 N.
Clearwater

**BARDMOOR
MEDICAL ARTS
BUILDING**
8839 Bryan Dairy Road
Largo

**CALVARY
EPISCOPAL
CHURCH**
1615 First St.
Indian Rocks Beach

**CHEEK-POWELL
HEART AND
VASCULAR PAVILION**
MORTON PLANT
HOSPITAL
455 Pinellas St.
Clearwater

**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

**MORGAN
HEART HOSPITAL**
MORTON PLANT
HOSPITAL
300 Pinellas St.
Clearwater

**MORTON
PLANT HOSPITAL**
300 Pinellas St.
Clearwater

**MORTON PLANT
MEASE LUNG
CENTER**
MORTON PLANT
HOSPITAL
206 Jeffords St.
Clearwater

**MORTON PLANT
NORTH BAY
HOSPITAL**
6600 Madison St.
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

**MORTON PLANT
MEASE OUTPATIENT
CENTER-TRINITY**
2102 Trinity Oaks Blvd.
New Port Richey

YOGA VILLAGE
2760 Daniel St.
Building D
Clearwater