

# Classes and Support Groups

FEBRUARY 2012



## Cancer

### Cancer Caregivers' Support Group

Tuesday, February 7, 6pm  
Mease Countryside Hospital, Shaffer Tower  
4th Floor, Family Waiting Room  
(across from patient room 4115)

### Cancer Patients' Hope Group

Tuesday, February 7, 6pm  
Mease Countryside Hospital, Shaffer Tower  
4th Floor, Evelyn R. Simmers Oncology  
Resource Library

### Cancer Support Group (Women)

Monday, February 6, 6pm  
Axelrod Pavilion  
2nd Floor, Bernard F. Powell Conference Room

Tuesday, February 14 & 28, 6pm  
Mease Countryside Hospital, Shaffer Tower  
4th Floor, Evelyn R. Simmers Oncology  
Resource Library

### Coping With a Cancer Diagnosis: Toolkit for Patients, Families and Caregivers

Wednesday, February 8 & 22, 4pm  
Axelrod Pavilion  
1st Floor, Evelyn R. Simmers Oncology Resource Library

### Head and Neck Cancer Support Group

Monday, February 27, 7pm  
Lansky Pavilion at Bardmoor Outpatient  
Center, Administration Conference Room

### Look Good... Feel Better

Monday, February 13, 10am  
Mease Countryside Hospital  
Meeting Rooms 1 & 2

Wednesday, February 22, 3:30pm  
Morton Plant North Bay Hospital  
Bekesh Education and Conference Center

### LUNA (Luna de Pinellas) Cancer Support Group in Spanish

Tuesday, February 14, 6pm  
Axelrod Pavilion  
2nd Floor, Bernard F. Powell Conference Room

### Multiple Myeloma Educational Group

Saturday, February 4, 10:30am  
Mease Countryside Hospital, Meeting Room 3

### Prostate Cancer Discussion Group

Tuesday, February 14, 2pm  
Mease Countryside Hospital, Shaffer Tower  
4th Floor, Evelyn R. Simmers Oncology  
Resource Library

### Thyroid Cancer Support Group

Saturday, February 11, 10:30am  
Morton Plant Hospital, Tuttle Auditorium, Room B

### Yoga Classes for Cancer Patients/Survivors

Thursday, February 16, 2pm  
White Orchid Yoga

## Cardiology

### Implantable Cardioverter Defibrillator Support Group

Thursday, February 16, 7pm  
Mease Dunedin Hospital, Meeting Room 3

### Women's Heart Support Group

Thursday, February 2, Noon  
Cheek-Powell Heart and Vascular Pavilion  
Community Room A

Tuesday, February 7, 1pm  
Mease Countryside Hospital  
Medical Arts Building, Suite 105

## Neurosciences

### Alzheimer's Caregivers' Support Group

Monday, February 13 & 27, 10am  
Ptak Orthopaedic and Neuroscience Pavilion  
Conference Center, Room 114

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

Monday, February 6 & 20, 1pm  
Ptak Orthopaedic and Neuroscience Pavilion  
Conference Center, Room 114

## Parenting

### Baby Boot Camp\*

Wednesday, February 1, 8, 15, 22 & 29, 9:30am  
Friday, February 3, 10, 17 & 24, 9:30am  
Monday, February 6, 13, 20 & 27, 9:30am  
Dunedin Community Center

### Big Brothers/Big Sisters

Thursday, February 16, 6pm  
Mease Countryside Hospital, Shaffer Tower  
5th Floor Conference Room

Thursday, February 23, 6pm  
Powell Cancer Center, Community Room

### Birth Center Tour

Wednesday, February 1, 5:15pm, 6:15pm & 7:15pm  
Sunday, February 26, 4:30pm, 5:30pm & 6:30pm  
Mease Countryside Hospital, Shaffer Tower  
5th Floor Lobby

Wednesday, February 15, 5:15pm, 6:16pm & 7:15pm

Sunday, February 26, 4:30pm, 5:30pm & 6:30pm  
Sarah Walker Women's Center, Lobby

### Boot Camp for New Dads

Saturday, February 25, 10am  
Morton Plant Hospital, Tuttle Auditorium  
Rooms A & B

### Breastfeeding Support Group

Wednesday, February 8 & 22, 10am  
Mease Countryside Hospital, Shaffer Tower  
5th Floor Conference Room

### Breastfeeding - Part 1\*

Monday, February 6, 7pm  
Sunday, February 26, 1pm  
Mease Countryside Hospital  
Meeting Rooms 4 & 5

Saturday, February 11, 9am  
Morton Plant Mease Outpatient Center  
Community Room

Sunday, February 12, 1pm  
Powell Cancer Center, Community Room

### Car Seat Inspection\*

Tuesday, February 7, 14, 21 & 28, 10am & 11am  
Mease Countryside Hospital, Main Entrance

Saturday, February 18, 1:30pm & 2:30pm  
Saturday, February 25, 1:30pm  
Powell Cancer Center, Community Room

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

Sunday, February 19, 1pm  
Powell Cancer Center, Community Room

Sunday, February 19, 1pm  
Saturday, February 25, 9am  
Mease Countryside Hospital  
Meeting Rooms 4 & 5

To make reservations or for more information:  
727-953-6829 | MPMHealth.com



**Morton Plant Mease**  
BayCare Health System

# Classes and Support Groups

## Parenting

### Childbirth Preparation - Natural

Thursday, February 9, 7pm  
Powell Cancer Center, Community Room

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

Monday, February 6 & 13, 7pm  
Morton Plant Hospital, Tuttle Auditorium, Rooms A & B

### Infant/Child CPR

Saturday, February 18, 10am  
Morton Plant Hospital, Tuttle Auditorium  
Rooms A & B

### Newborn Care\*

Wednesday, February 1, 7 pm  
Monday, February 20, 7pm  
Powell Cancer Center, Community Room

Thursday, February 9, 7pm  
Saturday, February 18, 10am  
Mease Countryside Hospital, Meeting Rooms 4 & 5

### Waterbirth\*

Tuesday, February 7, 7pm  
Morton Plant Hospital, Tuttle Auditorium, Rooms A & B

## Sleep

### AWAKE: Sleep Disorders Support Group

Sleep Apnea: Options for Treatment  
Featuring: Daniel Orlando, MD

Wednesday, February 15, 6pm  
Mease Countryside Hospital  
Meeting Rooms 1-3

### CPAP/Bi-level Clinic

Wednesday, February 1, 8, 15, 22 & 29, 9am  
Bardmoor Medical Arts Building, Suite 210

Monday, February 6, 13, 20 & 27, 10am  
BayCare Outpatient Center, Suite 115

Monday, February 6, 13, 20 & 27, 1pm  
Morton Plant North Bay Medical Arts Building

Tuesday, February 7, 14, 21 & 28, 10am  
Mease Countryside Hospital  
Medical Arts Building, Suite 120

## Stroke

### Stroke Survivor and Caregiver Support Group

Thursday, February 23, 10:30am  
Morton Plant North Bay Hospital  
Bekesh Education and Conference Center

## Weight Loss

### Bariatric Support Group

Tuesday, February 7, 6pm  
Mease Dunedin Hospital, Meeting Room 2

Tuesday, February 28, 6pm  
Morton Plant North Bay Hospital  
Bekesh Education and Conference Center

## Wellness

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

*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*

## Locations:

**Axelrod Pavilion  
Morton Plant Hospital**  
400 Pinellas St., Clearwater

**Bardmoor Medical Arts Building**  
8839 Bryan Dairy Road, Largo

**BayCare Outpatient Center**  
12780 Race Track Road, Tampa

**Cheek-Powell Heart and Vascular Pavilion**  
455 Pinellas St., Clearwater

**Dunedin Community Center**  
1920 Pinehurst Road, Dunedin

**Lansky Pavilion at Bardmoor  
Outpatient Center**  
8787 Bryan Dairy Road, Largo

**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 Mease Outpatient Center**  
2102 Trinity Oaks Blvd., Trinity

**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

**White Orchid Yoga**  
907 S. Fort Harrison Ave., Suite 101  
Clearwater



To make reservations or for more information:  
727-953-6829 | [MPMHealth.com](http://MPMHealth.com)

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