

Classes And Support Groups

MARCH 2010

CANCER

Cancer Patients' Hope and Caregivers' Support Group

Tuesday, March 2, 2pm
Mease Countryside Hospital,
Meeting Rooms 4 & 5

Cancer Support Group (Men)

Wednesday, March 10, 4pm
Powell Cancer Center, Cancer Patient Support
Services Library

Cancer Support Group (Women)

Monday, March 1, 6pm
Powell Cancer Center, Community Room

Tuesday, March 16, 2:30pm
Mease Countryside Hospital, Shaffer Tower,
4th Floor, Evelyn R. Simmers Oncology
Resource Library

Cancer Support Group (Young Women)

Tuesday, March 9, 6:30pm
Mease Countryside Hospital, Shaffer Tower,
4th Floor, Evelyn R. Simmers Oncology
Resource Library

Fill A Heart With Hope Day

Wednesday, March 10, 10am
Powell Cancer Center, Community Room

Hands for Hope "Chemo Brain" Support Group

Monday, March 1, 5pm
Cheek-Powell Heart and Vascular Pavilion,
Meeting Room A

Head and Neck Cancer Support Group

Monday, March 22, 7pm
Bardmoor Surgery Center, Administration
Conference Room

Improving the Chemotherapy/Radiation Experience: An Orientation Program for Patients

Thursday, March 11, 5pm
Powell Cancer Center, Community Room

Thursday, March 25, 5pm
Mease Countryside Hospital, Shaffer Tower,
4th Floor, Evelyn R. Simmers Oncology
Resource Library

LUNA (Luna De Pinellas) Cancer Support Group in Spanish

Tuesday, March 9, 6pm
Powell Cancer Center, Community Room

Multiple Myeloma Support Group

Saturday, March 27, 10:30am
Mease Countryside Hospital, Meeting Room 3

Prostate Cancer Discussion Group

Wednesday, March 10, 2pm
Mease Countryside Hospital, Shaffer Tower,
4th Floor, Evelyn R. Simmers Oncology
Resource Library

Thyroid Cancer Support Group

Saturday, March 13, 10:30am
Morton Plant Hospital, Tuttle Auditorium,
Room D

PARENTING

Big Brothers/Big Sisters

Thursday, March 18, 6pm
Mease Countryside Hospital, Shaffer Tower,
5th Floor Conference Room

Birth Center Tour

Sunday, March 7, 4:30pm, 5:30pm & 6:30pm
Wednesday, March 24, 5:15pm, 6:15pm & 7:15pm
Mease Countryside Hospital, Shaffer Tower,
5th Floor Lobby

Wednesday, March 10, 5:15pm, 6:15pm & 7:15pm
Sunday, March 21, 4:30pm, 5:30pm & 6:30pm
Sarah Walker Women's Center, Lobby

Boot Camp for New Dads

Saturday, March 27, 10am
Morton Plant Hospital, Tuttle Auditorium,
Rooms A & B

Breastfeeding – Part 1*

Monday, March 8, 7pm
Saturday, March 27, 10am
Sunday, March 28, 1pm
Mease Countryside Hospital, Shaffer Tower,
5th Floor Conference Room

Saturday, March 20, 10am

Wednesday, March 24, 7pm
Sarah Walker Women's Center,
2nd Floor Classroom

Breastfeeding Support Group

Wednesday, March 10 & 24, 10am
Mease Countryside Hospital,
Shaffer Tower, 5th Floor Conference Room

Childbirth Preparation – Two 2.5 Hour Classes*

Monday, March 8 & 15, 7pm
Sarah Walker Women's Center,
2nd Floor Classroom

Childbirth Preparation – Half-day Intensive*

Saturday, March 13, 9am
Sunday, March 28, 1pm
Sarah Walker Women's Center,
2nd Floor Classroom

Infant/Child CPR

Saturday, March 20, 10am
Morton Plant Hospital, Tuttle Auditorium,
Rooms A & B

**Fee for class*

To make reservations or for more information, call (727) 953-6829 or visit us at MPMHealth.com.

Support Groups And Classes

Newborn Care*

Wednesday, March 3, 7pm
Monday, March 22, 7pm
Sarah Walker Women's Center,
2nd Floor Classroom

Tuesday, March 9, 6:30pm
Morton Plant Mease Outpatient Center,
Community Room

Thursday, March 25, 7pm
Mease Countryside Hospital,
Meeting Rooms 4 & 5

Nursing Moms Care and Share (Infants)

Friday, March 5 & 19, 10am
Sarah Walker Women's Center,
2nd Floor Classroom

Nursing Moms Care and Share (Toddlers)

Friday, March 12, 10am
Sarah Walker Women's Center,
2nd Floor Classroom

Prenatal Yoga

Tuesday, March 2, 9, 16, 23 & 30, 5:45pm
Sarah Walker Women's Center,
2nd Floor Classroom

Strollerfit

Saturday, March 13, 2pm
Sarah Walker Women's Center,
2nd Floor Classroom

Waterbirth*

Monday, March 1, 7pm
Sarah Walker Women's Center,
2nd Floor Classroom

PULMONARY

Smoke-free Support Group

Wednesday, March 10, 3pm
Mease Countryside Hospital, Meeting Room 1

SLEEP

AWAKE: Sleep Disorder Support Group

Lecture: Stroke and Sleep Apnea

Featuring: Stuart Sinoff, MD, Neurologist
Wednesday, March 17, 6pm
Mease Countryside Hospital,
Meeting Rooms 1 & 2

CPAP/Bi-level Clinic

Monday, March 1, 8, 15, 22 & 29, 1pm
Morton Plant North Bay Medical Arts Building

Tuesday, March 2, 9, 16, 23 & 30, 10am
Mease Countryside Hospital,
Medical Arts Building, Suite 120

Wednesday, March 3, 10, 17, 24 & 31, 9am
Bardmoor Medical Arts Building, Suite 210

Friday, March 5, 12, 19 & 26, 9am
BayCare Outpatient Center, Suite 115

STROKE

SCAMP Stroke Support Group

Wednesday, March 3 & 17, 1:30pm
Ptak Orthopaedic and Neuroscience Pavilion,
Conference Center, Room 114

Stroke Support Group

Thursday, March 25, 10:30am
Morton Plant North Bay Hospital

2 Timers Stroke Survivor Caregiver Support Group

Wednesday, March 10, Noon
Mease Countryside Hospital,
Meeting Rooms 1 & 2

WEIGHT LOSS

Gastric Bypass Support Group

Tuesday, March 9, 6pm
Mease Countryside Hospital, Meeting Room 2

OTHER

Alzheimer's Caregivers' Support Group

Monday, March 8 & 22, 10am
Ptak Orthopaedic and Neuroscience Pavilion,
Conference Center, Room 114

Brain Tumor Support Group

Thursday, March 25, 6pm
Mease Dunedin Hospital, Meeting Room 1

Caregivers of Children with Autism Support Group

Wednesday, March 3 & 17, 6:30pm
The Harbor Behavioral Health - Hernando
County Outpatient/Inpatient

Early Stage Alzheimer's Support Group for Patients

Monday, March 1 & 15, 1pm
Ptak Orthopaedic and Neuroscience Pavilion,
Conference Center, Room 114

ICD (Implantable Cardioverter Defibrillator) Support Group

Thursday, March 18, 7pm
Mease Countryside Hospital, Meeting Room 5

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) 953-6829 or visit us at MPMHealth.com.

BARDMOOR MEDICAL ARTS BUILDING
8839 Bryan Dairy Road
Largo

BARDMOOR SURGERY CENTER
8787 Bryan Dairy Road
Largo

BAYCARE OUTPATIENT CENTER
12780 Race Track Road
Tampa

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

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

THE HARBOR BEHAVIORAL HEALTH - HERNANDO COUNTY OUTPATIENT/INPATIENT
7074 Grove Road
Brooksville