

# Classes And Support Groups

## SEPTEMBER 2010

### CANCER

#### Cancer Patients' Hope and Caregivers' Support Groups

Tuesday, September 7, 2pm  
Mease Countryside Hospital,  
Meeting Rooms 4 & 5

#### Cancer Support Group (Men)

Wednesday, September 8, 4pm  
Powell Cancer Center, Cancer Patient Support  
Services Library

#### Cancer Support Group (Women)

Monday, September 6, 6pm  
Powell Cancer Center, Community Room

#### Cancer Support Group (Young Women)

Tuesday, September 14, 6:30pm  
Mease Countryside Hospital, Shaffer Tower,  
4th Floor, Evelyn R. Simmers Oncology  
Resource Library

#### Fill A Heart With Hope

Wednesday, September 8, 10am  
Powell Cancer Center, Community Room

#### Head and Neck Cancer Support Group

Monday, September 27, 7pm  
Bardmoor Medical Arts Building,  
Conference Center, Room 120

#### Look Good... Feel Better

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

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

Tuesday, September 14, 6pm  
Powell Cancer Center, Community Room

#### Multiple Myeloma Support Group

Saturday, September 25, 10:30am  
Mease Countryside Hospital, Meeting Room 3

#### Prostate Cancer Discussion Group

Tuesday, September 7, 2pm  
Mease Countryside Hospital, Shaffer Tower,  
4th Floor, Evelyn R. Simmers Oncology  
Resource Library

#### Thyroid Cancer Support Group

Saturday, September 11, 10:30am  
Morton Plant Hospital, Tuttle Auditorium,  
Room D

### PARENTING

#### Big Brothers/Big Sisters

Thursday, September 23, 6pm  
Sarah Walker Women's Center,  
2nd Floor Classroom

Thursday, September 30, 6pm  
Mease Countryside Hospital, Shaffer Tower,  
5th Floor Conference Room

#### Birth Center Tour

Wednesday, September 1, 5:15pm, 6:15pm &  
7:15pm  
Sunday, September 12, 4:30pm, 5:30pm & 6:30pm  
Sarah Walker Women's Center, Lobby  
Sunday, September 12 & 26, 4:30pm, 5:30pm &  
6:30pm  
Wednesday, September 22, 5:15pm, 6:15pm &  
7:15pm  
Mease Countryside Hospital, Shaffer Tower,  
5th Floor Lobby

#### Boot Camp for New Dads

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

#### Breastfeeding - Part 1\*

Saturday, September 4, 10am  
Sarah Walker Women's Center,  
2nd Floor Classroom

Monday, September 13, 7pm  
Saturday, September 25, 10am  
Sunday, September 26, 1pm  
Mease Countryside Hospital, Shaffer Tower,  
5th Floor Conference Room

#### Breastfeeding - Part 2\*

Tuesday, September 14, 10am  
Sarah Walker Women's Center,  
2nd Floor Classroom

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

Monday, September 13 & 20, 7pm  
Sarah Walker Women's Center,  
2nd Floor Classroom  
Tuesday, September 21 & 28, 7pm  
Sarah Walker Women's Center,  
2nd Floor Classroom

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

Saturday, September 11, 9am  
Sunday, September 26, 1pm  
Sarah Walker Women's Center,  
2nd Floor Classroom  
Saturday, September 25, 9am  
Morton Plant Mease Outpatient Center,  
Community Room

#### Childbirth Preparation - Natural

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

*\*Fee for class*

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



**Morton Plant Mease**

BayCare Health System

# Classes And Support Groups

## PARENTING

### Infant/Child CPR

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

### Newborn Care\*

Wednesday, September 8, 7pm  
Monday, September 27, 7pm  
Sarah Walker Women's Center,  
2nd Floor Classroom

Saturday, September 11, 10am  
Thursday, September 23, 7pm  
Mease Countryside Hospital,  
Meeting Rooms 4 & 5

Tuesday, September 14, 6:30pm  
Morton Plant Mease Outpatient Center,  
Community Room

### Prenatal Yoga

Tuesday, September 7, 14, 21 & 28, 5:45pm  
Sarah Walker Women's Center,  
2nd Floor Classroom

### StrollerFit

Saturday, September 11, 2pm  
Sarah Walker Women's Center,  
2nd Floor Classroom



## SLEEP

### AWAKE: Sleep Disorders Support Group

*Lecture: An Introduction to New CPAP  
Technology and Masks*

*Presented by Philips Respironics and Morton  
Plant Mease CPAP clinic*

Featuring: Marilyn Bird, clinical support  
representative, and Michela Mollick, Philips  
Respironics representative  
Wednesday, September 15, 6pm  
Mease Countryside Hospital,  
Meeting Rooms 1 & 2

### CPAP/Bi-level Clinic

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

Friday, September 3, 10, 17 & 24, 9am  
BayCare Outpatient Center, Suite 115

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

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

## STROKE

### Stroke Support Group

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

### 2 Timers Stroke Survivor Caregiver Support Group

Wednesday, September 8, Noon  
Mease Countryside Hospital,  
Meeting Rooms 1 & 2

## NEUROSCIENCES

### Alzheimer's Caregivers' Support Group

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

### Brain Tumor Support Group

Thursday, September 23, 6pm  
Mease Dunedin Hospital, Meeting Room 1

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

Monday, September 20, 1pm  
Ptak Orthopaedic and Neuroscience Pavilion,  
Conference Center, Room 114

## WEIGHT LOSS

### Bariatric Support Group

Wednesday, September 1, 6pm  
Mease Dunedin Hospital, Meeting Room 2

## WELLNESS

For a listing of the latest classes available  
at our Clearwater, Palm Harbor and  
St. Petersburg Wellness Center locations,  
visit [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*

**To make reservations or for more information, call (727) 953-6829 or visit us at [MPMHealth.com](http://MPMHealth.com).**

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

**BAYCARE OUTPATIENT CENTER**  
12780 Race Track Road  
Tampa

**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**  
2101 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