

COMMUNITY CALENDAR

ST. JOSEPH'S HOSPITALS

CHILDREN'S HEALTH

Children's Rehab Center

St. Joseph's Children's Hospital is home to Rehab 123, a specially designed, nautical themed, multisensory, interactive facility. Children come from all over Tampa and surrounding communities to receive physical, occupational and speech therapy as well as audiology testing. A team of pediatric rehabilitation specialists work together to meet your child's needs. We also have Children's Rehabilitation locations in North Tampa, Brandon, Lakeland and Plant City.

For more information, call (813) 554-8962.

Why Weight? For Kids

Why Weight? is a unique weight management program exclusively at St. Joseph's Children's Hospital for kids ages 8-15. Staffed by registered dietitians, certified health educators and exercise specialists who teach that weight loss isn't just about dieting. The class also involves exercise, portion control, making healthy food choices, eating in moderation and enhancing self-esteem. Why Weight? addresses all aspects of a healthier lifestyle while making it fun and interesting for kids.

**Wednesdays, April 15-May 20
6-8pm**

**St. Joseph's Hospital
Medical Arts Building**

Cost: \$200

For more information and to register, please call (813) 870-4808.

Infant and Child CPR

Could you save your child? Learn ways to perform life saving CPR and choking relief techniques on children up to age eight. Participants must be at least nine years of age to participate. Registration is required.

Friday, April 17, 6-9pm

Sunday, April 19, 2-5pm

Thursday, April 30, 6-9pm

St. Joseph's Women's Hospital Women's Pavilion

4th Floor Classrooms

Cost: \$30 per person/\$55 per couple

HEART HEALTH AND WELLNESS

Advanced Center for Atrial Fibrillation

If you have been diagnosed with AFIB, the St. Joseph's Hospital Heart Institute will give you access to one of the most advanced treatment centers in the southeastern United States. We offer a full array of treatments from nonsurgical ablation to advanced, minimally invasive surgical techniques.

Call (813) 877-2342 for more information or to schedule a free consultation.

Healthy Heart Program

Cardiovascular disease claims more lives than any other cause of death. The St. Joseph's Hospital Heart Institute offers a unique program designed specifically to help men and women recognize if they are at risk and make lifestyle changes to improve their heart health.

Call (813) 872-3780 for more information or to schedule a low-cost screening.

Weight Management Orientation

Learn about the St. Joseph's Hospital Weight Management Program, which provides a number of research-based diet options for everyone! Programs include the non-medically supervised Healthy Solutions Diet and At Home (self-directed) options. All programs are research-based, medically sound meal replacement options for anyone who wants to manage his or her weight and health! Registration is required.

Please call (813) 870-4747 to make an appointment today!

Cost: Free

Healthy Eating Program

An eight-week nutrition program designed to give you the information and tools needed to eat a healthier, more nutritional diet. Topics include Understanding Carbohydrates, Today's Beverages and their Calories and Meal Planning for a Busy Life. The program is instructed by St. Joseph's Hospital dietitians.

Wednesdays, April 8-May 27, 12:15-1pm

St. Joseph's Hospital Medical Arts Building

Cost: \$120

For more information and to register, please call (813) 870-4747.

CANCER AWARENESS

Gynecological Cancer and Women

Women of all ages and race are affected by gynecological cancer. Join Tyler Kirby, M.D., who specializes in gynecologic oncology, as he discusses signs and symptoms, risk factors, screenings and 21st century treatment options, such as robotic/minimally invasive surgery and advanced chemotherapy regimens.

Thursday, April 30, 6-8pm

St. Joseph's Hospital Medical Arts Building Auditorium

Cost: Free

Please call (813) 870-4747 to register.

OVACOME - Ovarian Cancer Support Group

A FREE monthly support group for ovarian cancer patients, survivors and family members. Guest speakers will present information on a variety of topics including educational information.

Tuesday, April 21, 6-8pm

St. Joseph's Hospital Medical Arts Building Auditorium

Please call (813) 870-4747 to register.

Tampa Bay Breast Cancer Support Group

A FREE monthly support group for breast cancer patients, family members and significant others.

Guest speakers will present information on a variety of topics.

Thursday, April 9, 6:30-8:30pm

Please call (813) 870-4747 to register.

Colorectal Cancer Screening Tests

St. Joseph's Hospital is teaming up with Publix Pharmacies and ABC Action News to increase awareness for colorectal cancer screening.

To get information on how to receive a FREE Early Detect Colorectal Cancer test kit, call (813) 870-5437 or visit your local Publix Pharmacy.

75
years Est. 1934

 **St. Joseph's Hospital**
BayCare Health System

To register, call **(813) 870-4747** or visit stjosephstampa.com.