

St. Joseph's Hospitals

HEALTH CALENDAR

Our Mission:

To improve the health of all we serve through community-owned health care services that set the standard for high-quality, compassionate care.



CHILDREN'S HEALTH

Pediatric First Aid and CPR

Learn how to handle common childhood emergencies and prevent unintentional injuries in this four-hour informative course. Topics such as bleeding, shock, burns, poisoning, head and spine injury, bone, joint and muscle injury, CPR and more are covered. Registration is required.

Saturday, November 21, 9am-4pm
St. Joseph's Women's Hospital Pavilion
4th Floor Classrooms
Cost: \$60
Please call (813) 870-4747 to register.

Safe Baby Express

This six-hour safety class covers all of the following: infant and child CPR (no certification), car seat safety, SIDS, home safety, childproofing, coping skills and more. The class also includes an inspection of one car seat per couple.

Saturday, November 14, 9am-3pm
St. Joseph's Women's Hospital Pavilion
4th Floor Classrooms
Cost: \$65
Please call (813) 870-4747 to register.

Infant and Child CPR

Could you save your child? Learn ways to perform lifesaving 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, November 6, 6-9pm
Thursday, November 12, 6-9pm
Sunday, November 22, 2-5pm
St. Joseph's Women's Hospital Pavilion
4th Floor Classrooms
Cost: \$30 per person/\$55 per couple
Please call (813) 870-4747 to register.

HEART HEALTH AND WELLNESS

Ultrasound Screening Package

A 45-minute screening that includes:

- Echocardiogram – Ultrasound of the heart that may detect enlargement, motion and valve abnormalities and other potential problems
- Carotid Artery Ultrasound – Determines your stroke risk
- Abdominal Aortic Ultrasound – Determines your risk of an aortic aneurysm
- Electrocardiogram (EKG) – Screens heart rhythms

Cost: \$165
You can use your Flexible Spending Account for this screening. Gift certificates also available.
Call (813) 872-3780 to schedule an appointment.

Women's Healthy Heart Program

The reality is that more women will die from heart disease or stroke than from breast cancer. Unfortunately many women don't know their risks or understand that the symptoms a woman experiences can be different than a man.

Call (813) 872-3780 for more information on this program.

TEEN AWARENESS

Teen Talk

Parents and children, ages 10-14, learn about the physical and emotional changes of puberty during the first part of the class. The second part of the class is appropriate for older adolescents and covers sexuality issues.

For Boys: Friday, November 6, 6-8:30pm
For Girls: Saturday, November 7, 9am-1pm
St. Joseph's Women's Hospital Pavilion
4th Floor Classrooms
Cost: \$25
Please call (813) 870-4747 to register.

CANCER AWARENESS

St. Joseph's Women's Hospital Breast Center of Excellence

Mammograms and screenings are extremely important. Experience compassionate care and advanced technology in a spa-like setting.

For more information, call (813) 872-3700.

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, November 17, 6-8pm
St. Joseph's Hospital Medical Arts Building Auditorium
Please call (813) 870-4747 to register.

Restorative Yoga Cancer Program

Research suggests that stress reduction programs tailored to the treatment of cancer may help patients cope with the acute effects of treatment and help to improve quality of life during and after treatment. Bring your yoga mat, water and a towel to class.

November 3,5,9,19,23 and 30
Noon-1pm
St. Joseph's Hospital Medical Arts Building Auditorium
Space is limited and registration is required.
Call (813) 870-4747 to register.

Recipes for Holiday Wellness

This FREE Coaching through Cancer workshop is designed to help you create an individualized "recipe" for wellness during the holiday season.

Wednesday, November 11, 3-4pm
Wednesday, December 9, 3-4pm
St. Joseph's Hospital Medical Arts Building Auditorium
Please call (813) 870-4747 to register.