

St. Joseph's Hospitals

Health Calendar



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

WOMEN AND FAMILIES

Prepared Childbirth

A popular class to help expectant moms and their partners become educated, active participants in the childbirth experience. A hospital tour is included to get better acquainted with the hospital.

Two-week Class: September 12 and 19, 1-5pm

Three-week Class: September 7, 14 and 21, 6-9pm

St. Joseph's Women's Hospital Pavilion
4th Floor Classrooms

Registration is required.

Cost: \$70

WEIGHT MANAGEMENT

Weight Management Orientation

The St. Joseph's Hospital Weight Management Program 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.

Wednesday, September 1, 15 or 29, 6-7pm

Tuesday, September 7 or 21, 6-7pm

St. Joseph's Hospital

Healthline Building, Classroom 4

Cost: Free

Weight Loss Surgery Information Sessions

Tired of battling obesity? So are 58 million other Americans. Find out how weight loss surgery could improve your life in this session given by surgeon David Echevarria, MD.

Thursday, September 2, 7:15-8:30pm

Thursday, October 7, 7:15-8:30pm

St. Joseph's Hospital

Medical Arts Building, Room 1

Cost: Free

To register, call
(813) 443-3003.

StJosephsTampa.com

CANCER AWARENESS

Ladies Night Out

Gynecological cancer affects the reproductive tract in women. Gynecological cancers include:

- Ovarian
- Vulvar
- Cervical
- Uterine

Gyn-oncologist Tyler Kirby, MD, will be speaking on the screening, prevention and treatment of the different gynecological cancers in women.

Thursday, September 16, 6-8pm

St. Joseph's Women's Hospital Pavilion

4th Floor Classrooms

Cost: Free

Cancer Support Groups

A monthly support group for breast cancer or ovarian cancer patients, family members and significant others. Guest speakers will present information on a variety of topics.

Breast Support Group

Thursday, September 9, 6:30-8pm

Ovarian Support Group

Tuesday, September 21, 6-8pm

St. Joseph's Hospital

Medical Arts Building, Auditorium

Cost: Free

HEART HEALTH AND WELLNESS

Ultrasound Screening Package

A 45-minute screening that includes:

- Echocardiogram – Ultrasound of the heart
- Carotid Artery Ultrasound – Stroke risk
- Abdominal Aortic Ultrasound – Aortic aneurysm risk
- Electrocardiogram (EKG) – Heart rhythm

Cost: \$198

Carotid Artery Ultrasound only: \$30

Advanced Cholesterol Screen: \$30

Advanced Center for Atrial Fibrillation Do you have atrial fibrillation (AFIB)?

If you have been diagnosed with AFIB, St. Joseph's Hospital may be able to help; it is home to one of the most advanced treatment centers in the southeastern United States.

Call for more information or to schedule a FREE in-office consultation.

BC2100342-0810

CHILDREN'S HEALTH

INFANT AND CHILD CPR

Could you save your child? Learn ways to perform lifesaving CPR and choking relief techniques on children up to age 8. Participants must be at least 9 years of age to participate. Registration is required.

Friday, September 17, 6-9pm

Sunday, September 26, 2-5pm

Thursday, September 30, 6-9pm

St. Joseph's Women's Hospital Pavilion
4th Floor Classrooms

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

WHY WEIGHT? CLASSES

A unique weight management program exclusively by St. Joseph's Children's Hospital for kids ages 8-13. Staffed by registered dietitians, certified health educators and exercise specialists who teach that weight loss isn't just about dieting.

Six-week Class

Wednesdays, September 15-October 20

St. Joseph's Hospital

Medical Arts Building, Auditorium

Cost: \$200

SAFE BABY EXPRESS

This six-hour safety class covers CPR, car seat safety, SIDS, home safety, childproofing and more. Class also includes inspection of one car seat per couple.

Saturday, September 11, 9:30am-3:30pm

St. Joseph's Women's Hospital Pavilion
4th Floor Classrooms

Cost: \$65



St. Joseph's Hospitals
BayCare Health System

3001 W. Dr. Martin Luther King Jr. Blvd. | Tampa