

Calendar of Events

For information, registration or physician referral, call (813) 870-4747 unless otherwise noted.

Children Are At The Heart Of What We Do

Today, 3-year-old Joshua Henley is a happy, energetic boy who spends his days catching imaginary bad guys along with his favorite superhero toys. But before undergoing life-saving surgery at St. Joseph's Children's Hospital of Tampa, his future as a successful crime fighter was unknown.

Joshua was born with tetralogy of Fallot, a complex condition made up of four heart defects that occur together. As a result, he had a large hole in his heart that permitted deoxygenated, bluish blood to pass from the right ventricle directly to the left ventricle, and then back through his body without ever passing through the lungs to be oxygenated. Fixing the congenital heart defect included a series of open-heart surgeries, including the creation of a bypass (shunt) between his aorta and pulmonary artery, the closure of the hole between the heart's ventricles, and the opening of the obstruction to the right ventricular outflow.

In March 2009, during his most recent surgery, St. Joseph's Children's Hospital pediatric heart surgeon Dr. Paul Chai replaced a damaged heart valve with one he handmade out of Gore-tex material.

"Kids have small hearts, infants even smaller," said Dr. Chai. "Customizing a heart valve ensures that it matches perfectly with the child's heart." Dr. Chai is one of only a few pediatric heart surgeons in the United States to use this cutting-edge technology.

"Right before Joshua's last surgery, he was lethargic and could only play for a few minutes at a time," said Mechelle Henley, Joshua's mother. "He has recovered extremely well, and to see him running around now, you wouldn't even know he had a heart disorder." As with all valve replacement surgery in small children, Joshua is expected to outgrow the artificial valve in five to ten years, and will undergo an additional surgery to replace it with a new one.

Joshua's successful valve replacement surgery was one of more than 350 cardiac surgical procedures St. Joseph's Children's Hospital will perform this year. As Florida's second-largest pediatric cardiovascular program, St. Joseph's Children's Hospital is the regional referral source for pediatric heart surgery and for the diagnoses and treatment of congenital heart defects before and after birth.



Highlights of the cardiovascular surgical team include:

- One of the largest pediatric cardiovascular surgical volumes in the southeastern United States
- A highly specialized pediatric cardiovascular surgical team that includes cardiologists, perfusionists, anesthesiologists and surgeons
- Nationally known as a comprehensive center for children with single ventricle heart disease specializing in simple and complex forms of Hypoplastic Left Heart Syndrome and single ventricle heart disease
- The only fetal echocardiography program in Tampa that is fully accredited by the Intersocietal Commission for the Accreditation of Echocardiography Laboratories (ICAEL)
- A cardiac noninvasive lab accredited by the ICAEL
- Surgical survival of 99 percent (up to 30 days after surgery) and 96.4 percent long-term survival
- Cosmetic (bikini) incisions for female patients with congenital heart defects when minimally invasive techniques are not possible

In 2009, St. Joseph's Children's Hospital further strengthened its renowned pediatric cardiac surgery service with the recruitment of two full-time Harvard-trained senior pediatric cardiovascular anesthesiologists.

For more information about St. Joseph's Children's Hospital, please call (813) 554-8500 or visit stjosephschildrens.com.

Women and Families

How to Have a Healthy Pregnancy

This two-hour class reviews how to stay healthy and covers important topics related to the second trimester of pregnancy.

Please call (813) 870-4747 for a schedule and to register.

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

Prepared Childbirth

A popular class to help expectant moms and their partners become educated, active participants in the childbirth experience. Find out more about third trimester expectations, labor and delivery, and newborn care. A wide variety of class formats are offered to further develop breathing techniques, relaxation skills and comfort measures. A hospital tour is included to get better acquainted with the hospital.

Please call (813) 870-4747 for a schedule and to register.

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

Childbirth Refresher Class

Designed for those who have already experienced childbirth or a Lamaze class, this is a refresher class to review labor and delivery, relaxation and breathing techniques and pain management options. A hospital tour is included.

Please call (813) 870-4747 for a schedule and to register.

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

Nursing Mothers Class

Learn more about breastfeeding and its natural benefits to mom and baby during a one-session class. Find out how the body produces milk, as well as proper positioning for mother and baby.

Please call (813) 870-4747 for a schedule and to register.

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

More Services for Breastfeeding Moms

We're happy to announce our new addition. All new moms need lots of help and support during the first days and weeks at home. This is especially

true for breastfeeding moms. Research shows that easily accessible help from a knowledgeable, caring breastfeeding professional is a key factor in helping mothers meet their personal goals. Bobbi Taman, BSN, RN-CLC, is available by appointment to any mom for outpatient breastfeeding consultations. Her office is conveniently located on the first floor of St. Joseph's Women's Hospital.

Please call (813) 872-3932 to schedule an appointment.

Cost: \$40 per hour

Cesarean Birth Class

For those who know they are having a C-section and do not want an entire childbirth class, this class is specially designed for cesarean birth. The class covers the pre-admission testing appointment, day of surgery, what happens in the operating room and what to expect after the baby is born. The instructor also covers pain management, breastfeeding after a C-section and newborn care. The length of the class depends on the number of class participants and their learning needs. A hospital tour is included.

Please call (813) 870-4747 for a schedule and to register.

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

Hospital Tour

Many expectant parents begin their St. Joseph's Women's Hospital experience with an orientation program and tour.

The tour is designed to introduce the hospital's many services available to the entire family and is a perfect opportunity to have your questions answered.

Multiple dates and times are available. Please call (813) 870-4747 for a schedule and to register.

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

Revitalize and Relax

St. Joseph's Women's Hospital is pleased to offer a special assortment of amenities to ensure a very special experience while at the hospital. Choose from robes, slippers, celebratory desserts, massages and other services to rejuvenate and pamper yourself during your time at St. Joseph's Women's Hospital. **For more information and to order, please contact Her Place at (813) 872-3706, Monday-Friday, 9am-5pm, or Saturday, 10am-2pm.**

Ladies Night Out Series

Breast Cancer: Are You at Risk?

Simply being a woman is the most important risk factor. But the causes of breast cancer are not fully understood. Leading a healthy lifestyle will not eliminate your chance of getting breast cancer, but it may help reduce your risk. Join Tracy Halme, M.D., and Susan Baker, Ph.D., R.N., as they fill you in on everything you need to know about breast cancer.

Discussion topics will include:

- Risk factors
- Detection
- Screening
- Treatment

October 21, 6-8pm

Personal Protection for Women Through Crime Prevention and Defensive Tactics

Join David Turbeville, retired SWAT Commander, and Louis Potenziano, St. Joseph's Hospital Safety and Security Manager, as they discuss survival mindset and Florida law pertaining to defending yourself in the event of a sudden attack.

November 18, 6-8pm

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

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

Parish Nurse Preparation Course

Using the basic Parish Nurse Preparation curriculum approved by the International Parish Nurse Resource Center, the Parish Nurse Preparation Course is a five-day, four-night, intensive educational program that focuses on the main issues and challenges facing nurses who practice in faith communities. This is a time of learning, worship, personal reflection, spiritual growth and fellowship. The course prepares nurses to establish and grow a health ministry within a faith community and is approved by the State of Florida for 35 continuing education hours.

For more information contact Susie Prescott, R.N., BSN, Faith Community Nursing manager at (813) 757-8006.

October 12-16
The Franciscan Center
Tampa, Florida
Cost: \$750

Boot Camp for New Dads

Veteran dads and their babies, ages one month to eight months, join forces to teach expectant and rookie fathers how to hold, feed, diaper, burp and care for infants. Sponsored by St. Joseph's Women's Hospital and Fathers' Resource Networking Center (FRANC).

Please call (813) 870-4747 for available class dates and times.

Over the River and Through the Woods: Grandparents Class

Whether you're entering the wonderful world of grandparenthood for the first time or you're an experienced grandparent who wants to take a refresher course, this one-session workshop is for you. Learn the latest on childbirth practices, newborn care and safety, and the important role of grandparents in the family.

Please call (813) 870-4747 for available class dates and times.

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

Infant and Child CPR

Could you save your child? Learn how to perform life-saving CPR and choking rescue techniques on both infants and children according to American Heart Association guidelines. Participants must be at least nine years old. Registration is required.

Please call (813) 870-4747 to register.

October 9, 6-9pm
October 15, 6-9pm
October 18, 2-5pm
November 6, 6-9pm
November 12, 6-9pm
November 22, 2-5pm
December 4, 6-9pm
December 10, 6-9pm
December 13, 2-5pm

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

Cost: \$30 per person (\$55 per couple)

Pediatric First Aid

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 and more are covered in this informative American Heart Association Pediatric First Aid Course. Registration is required.

Please call (813) 870-4747 to register.

October 11, 1:30-5:30pm
December 6, 1:30-5:30pm

St. Joseph's Women's Pavilion
4th Floor Classrooms
Cost: \$35

Pediatric First Aid and CPR

Learn more about how to handle common childhood emergencies and prevention of unintentional injuries in this seven-hour informative course. Topics such as bleeding, shock, burns, poisoning, head and spine injury, bone, joint and muscle injury and CPR are covered in this American Heart Association Pediatric First Aid and CPR course. Registration is required.

Please call (813) 870-4747 to register.

November 21, 9am-4pm

St. Joseph's Women's Pavilion
4th Floor Classrooms
Cost: \$60

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.

Please call (813) 870-4747 to register.

October 10, 9am-3pm
November 14, 9am-3pm
December 12, 9am-3pm

St. Joseph's Women's Pavilion
4th Floor Classrooms
Cost: \$65

Safe Sitter

What does a good babysitter need to know? This full-day class provides basic information such as handling situations from minor to life threatening, how to rescue a choking infant or child, how to communicate with EMS, safety hints, accident and behavior management, how to entertain kids and other babysitting tips. Students must be 11 years old, no exceptions. Registration is required.

Please call (813) 870-4747 to register.

October 10, 9am-5pm
December 21, 9am-5pm
December 28, 9am-5pm

St. Joseph's Women's Pavilion
4th Floor Classrooms
Cost: \$50

Clases

Hispanohablantes

Preparación Para El Parto

Esta popular clase está concebida para ayudar a las madres que esperan y a sus parejas a educarse bien y a ser participantes activos en su experiencia de parto. Temas tratados: qué esperar en el tercer trimestre, parto y parto; atención al recién nacido y etapa posterior al parto. Se incluye un recorrido por el hospital.

Para inscribirse en esta clase, llame al (813) 870-4747.

Costo de la clase: \$70

Recorrido de obstetricia por el St. Joseph's Women's Hospital

El recorrido de obstetricia se lleva a cabo en el St. Joseph's Women's Hospital. El programa incluye una conversación sobre las políticas y los protocolos del hospital así como también un recorrido por la instalación. Por favor, le pedimos que limite la cantidad de asistentes a dos por persona inscrita.

Si tiene problemas para inscribirse en esta clase o desea cancelar su inscripción hecha en línea, llame al (813) 870-4747.

Sibling Class

Becoming a big brother or sister can be both exciting and stressful for a child. This class addresses the joys and challenges of this important experience. Both parents are welcome and at least one parent must attend the class with the child.

Sibling Class: 3-5 Years

Please call (813) 870-4747 for available class dates and times.

Sibling Class: 6-10 Years

Please call (813) 870-4747 for available class dates and times.



Child Health

Car Seat 101

Are you using your child safety seat correctly? Studies show that four out of five seats are used incorrectly. Sponsored by St. Joseph's Children's Hospital of Tampa and National Safe Kids, this program educates you on the correct installation of your child's car seat. Both the child and car must be present in order to attend.

Please call (813) 870-4747 for available class dates and times.

Children's Diabetes and Nutrition Center

St. Joseph's Children's Hospital of Tampa has classes for both parent and child to understand the basics of diabetes, insulin, medications, symptoms of high and low blood sugar, complications of diabetes and more. Individual appointments, as well as dietitian appointments for a wide variety of pediatric needs are available. Class registration requires a doctor's prescription and insurance information.

For more information or to schedule a class, please call Gina Rivera or Cate White at (813) 870-4585.

Type 1 Diabetes Education Class

October 15, 9-11:30am
November 18, 9-11:30am
December 16, 9-11:30am

Insulin Pump Introduction Class

October 1, 9:30-11:30am
November 4, 9:30-11:30am
December 2, 9:30-11:30am

St. Joseph's Hospital
Healthline Building



Teen Talk

Approach adolescence with confidence during a two-part class. Parents and children, ages 10-14, learn about the physical and emotional changes of puberty during part one.

Part two is appropriate for older adolescents and involves a discussion about conception, sexually transmitted disease and the importance of abstinence. Registration is required.

Please call (813) 870-4747 to register.

For Girls

November 7, 9am-1pm

For Boys

November 6, 6-8:30pm

St. Joseph's Women's Pavilion
4th Floor Classrooms
Cost: \$25



Children's Diabetes Fair

You can have fun and learn something new at the Annual Children's Diabetes Fair. Bring the whole family and enjoy a good time while gathering the latest information from diabetes product vendors. During the Fair meet a premier ballerina and bicycle racer living with Type 1 diabetes. Come dressed in your favorite Halloween costume. Be a judge and vote for the best costume that vendors, nurses and doctors will be wearing. Also, there will be fun games and music to enjoy!

October 24, 9am-noon
St. Joseph's Hospital
Medical Arts Building, Auditorium
Cost: Free

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. All programs are research-based, medically sound meal replacement options for anyone who wants to manage his or her weight and health!

Our best published results for the Healthy Solutions Diet is an average weight loss for three months of 36.7 pounds. Free orientations are held regularly to learn more details of this successful weigh-loss program.

Registration is required.

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

Healthy Eating Program

Make a change that will last a lifetime and join "Healthy Eating," a six-week nutrition program designed to give you the tools needed to eat a healthier, more nutritional diet. This interactive program, led by registered dietitians from St. Joseph's Hospital, teaches valuable information. The Healthy Eating Program includes instruction, weekly food samples and demonstrations, plus the 688-page "Complete Food and Nutrition Guide."

Registration is required.

Please call (813) 870-4747 to register.

Thursdays, October 1-November 5,
5:30-6:30pm
Cost: \$120

Weight-Loss Surgery Support Group

This support group is available to anyone who has had weight-loss surgery, regardless of where the procedure was performed.

For more information, please call (813) 870-4624.

October 1, 6-7pm
November 5, 6-7pm

St. Joseph's Hospital
Medical Arts Building, Auditorium

December 3, 6-7pm

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

Heart Health

Women's Healthy Heart Center

Are you at risk for heart disease or stroke?

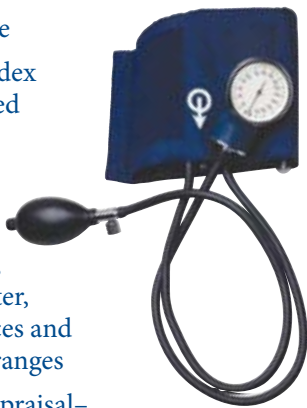
Heart disease, including stroke, claims the lives of more women than the next seven causes of death combined, yet many women do not know their risks. The reality is that more women will die from heart disease or stroke than from breast cancer.

The Women's Healthy Heart Center is a combined effort of St. Joseph's Women's Hospital and St. Joseph's Hospital Heart Institute. This is the first local program designed specifically to assess a woman's risk for heart disease. Physician advisor, Dr. Lori Rusterholtz, is board certified in cardiology. Advanced Registered Nurse Practitioner (ARNP), Connie Ramos, meets with every patient and discusses results and directions for care.

Choose one of our **Personalized Healthy Heart Screenings** to determine if you are at risk for heart disease or stroke. Screenings are offered for both men and women and include customized educational materials in a convenient, comfortable and private environment.

Level I Screening–30-minute Screening

- Full lipid panel–total cholesterol, HDL cholesterol, LDL cholesterol and triglycerides, glucose (measures blood sugar levels)*
- Blood pressure
- Body Mass Index (BMI)–detailed height/weight calculation of fat mass, fat-free mass, fat percentage, total body water, raw impedances and the desirable ranges
- Health risk appraisal–confidential report screening results
- 10-minute individual consultation with our Advanced Registered Nurse Practitioner (ARNP)



*Sample is obtained through finger stick. 12-hour fast is preferred.

Level III Screening–80-minute Screening

- Full lipid panel–total cholesterol, HDL cholesterol, LDL cholesterol and triglycerides, glucose (measures blood sugar levels)*
- Blood pressure
- Body Mass Index (BMI)–detailed height/weight calculation of fat mass, fat-free mass, fat percentage, total body water, raw impedances and the desirable ranges
- Ankle/Brachial index–assessment of lower extremity arterial flow to determine risk for vascular disease
- Electrocardiogram (EKG)–shows hearts electrical activity and screens for abnormal heart rhythms including atrial fibrillation (AFIB)
- Health risk appraisal–confidential report screening results
- 30-minute individual consultation with our Advanced Registered Nurse Practitioner (ARNP)
- 20-minute individual consultation with Lifestyle Consultant–nutrition or exercise

*Sample is obtained through finger stick. 12-hour fast is preferred.

Ultrasound Screening Package

Find out if you are at risk for heart disease, stroke or an abdominal aortic aneurysm.

This 60-minute screening for both men and women consists of:

- Echocardiogram–Ultrasound of the heart which may detect enlargement of the heart, wall motion abnormalities, valve abnormalities such as prolapse, clots and tumors, fluid around the heart, calcification, stenosis, etc.
- Carotid Artery Ultrasound–Determines your stroke risk by screening for fatty plaque buildup in the carotid arteries.
- Abdominal Aortic Ultrasound–Determines your risk of an aortic aneurysm that could lead to a ruptured aortic artery. 80-90% of ruptured AAAs result in death.
- Electrocardiogram (EKG)–Shows heart's electrical activity and screens for abnormal heart rhythms including atrial fibrillation (AFIB)

All exams are performed in a convenient, comfortable and private environment

by a registered ultrasound technician. Our adherence to physician written protocols, state-of-the-art ultrasound equipment and board-certified cardiologist and radiologist interpretation of the exams ensures accuracy and consistency for our patients.

For more information about the program and other screening services offered, please call (813) 872-3780 or visit womenshealthyheart.com.

To schedule any of our screening services, please call (813) 872-3780. You do not need a prescription or a physician referral for our screening services.

Advanced Center for Atrial Fibrillation

Do you have atrial fibrillation (AFIB)?

If you have been diagnosed with AFIB, St. Joseph's Hospital is home to one of the most advanced treatment centers in the southeastern United States. Our electrophysiologist and cardiac surgeons work together to offer a full array of treatments from nonsurgical ablation to advanced, minimally invasive surgical techniques.

For more information about the program, please call (813) 877-AFIB (2342) or visit advancedafibcenter.com. You do not need a prescription or a physician referral for a free consultation with our Advanced Registered Nurse Practitioner (ARNP).



Corporate Wellness Programs

Healthy Employees = A Healthy Bottom Line

Health Risk Assessments

Assessments can be performed on site at your facility or provided in our mobile unit, Wellness on Wheels.

- **Healthy Heart:** Measures modifiable risk factors including, but not limited to, total cholesterol, HDL cholesterol, blood pressure and blood sugar. Referrals are provided as needed.*
- **Bone Density/Osteoporosis:** Identifies individuals at risk for bone fractures due to osteoporosis. (Recommended for women over 40 who have not already been diagnosed with osteopenia or osteoporosis.)

Preventive Screenings and Immunizations

- Skin cancer
- PPDs
- Immunizations for influenza, pneumonia and hepatitis B (price varies with vaccine cost)

Health Education and Emergency Training

Emergency and safety training can save lives. Take advantage of Community Health education such as:

- Adult CPR*
- First aid training*
- AED training*
- “Freedom from Smoking” program*
- Lunch & Learn

For more information or to schedule an event, call St. Joseph’s Hospital Community Health Department at (813) 870-4808.

*Services require minimum participation.



Diabetes Management

Diabetes Self-management Program

Recognized by the American Diabetes Association, St. Joseph’s Hospital Diabetes Self-management Program offers courses to help you learn about this disease and provides the tools to manage it. Classes are taught by certified diabetes educators and include registered nurses and a registered dietitian. Daytime and evening classes, and free day or evening support groups are available. Also offered are individual consultation appointments.

For information about our diabetes programs, please call (813) 870-4995.

Comprehensive Diabetes Class

Day or evening courses provide an overview of diabetes, nutrition therapy, carbohydrate counting, label reading and weight management, acute and chronic complications, medications, stress management, blood glucose monitoring and more.

A physician’s prescription, recent lab work and insurance authorization (in some cases) are required for registration.

For more information or to register, please call (813) 870-4995.

Diabetes Support Group

The Diabetes Management support group topics vary for each session.

Using City Facilities for Physical Activities:

October 7, 6-7pm

Diabetes Medications: November 11, 6-7pm

Stress Management for Holidays:

December 1, 6-7pm

Registration required.

To register, please call (813) 870-4995.

St. Joseph’s Hospital
Medical Arts Building, Room 3
Cost: Free

Gestational Diabetes Class

Small group courses, taught by a registered dietitian and nurse, are designed to promote the health of mother and baby. Advance registration, physician’s prescription and insurance authorization (in some cases) are required.

For more information or to register, please call (813) 870-4995.

Education and Prevention

Adult Heart Saver – CPR and AED

Save someone’s life. Learn CPR, Automated External Defibrillator (AED) use and choking relief techniques. This one-session class is designed for people without a medical background. Course completion card provided.

Please call (813) 870-4747 to register.

October 13, 6:30-8:30pm

St. Joseph’s Hospital Medical Arts Building Auditorium

Cost: \$25

CPR: Basic Life Support for Health Care Providers

Designed for health care workers, this course teaches CPR techniques for victims of all ages. Topics include ventilation, use of an AED and choking relief. Course completion card is provided.

Please call (813) 870-4747 to register.

October 15, 5:30-9:30pm

November 17, 5:30-9:30pm

December 17, 5:30-9:30pm

St. Joseph’s Hospital
Medical Arts Building

Cost: \$38



Cancer Support Groups

Look Good...Feel Better

A FREE American Cancer Society support program for women before, during and after cancer treatment, to teach patients beauty techniques to help reduce the appearance-related side effects of treatment.

Please call the American Cancer Society at (800) 227-9954 or Ronda Buffington at (813) 870-4123 to R.S.V.P. Make-up is ordered specifically for each participant based on skin type/color.

October 12, 6-8pm
October 21, 10am-noon
November 9, 6-8pm
November 18, 10am-noon
December 14, 6-8pm
December 16, 10am-noon

St. Joseph's Hospital Cancer Institute
1st Floor Conference Room

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 and educational information is also provided.

Please call (813) 870-4747 to register.

October 20, 6-8pm
St. Joseph's Women's Pavilion
4th Floor Classroom 2

November 17, 6-8pm
December 15, 6-8pm
St. Joseph's Hospital Medical Arts Building,
Room 2

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.

For more information, please contact Diane McMillen at (813) 891-6718.

Please call (813) 870-4747 to register.

October 8, 6:30-8:30pm
November 12, 6:30-8:30pm
St. Joseph's Hospital
Medical Arts Building Auditorium

December 10, 6:30-8:30pm
St. Joseph's Women's Pavilion
4th Floor Classrooms 1 and 2

Arts, Cancer and Healing: Assisting Your Mind, Body and Spirit

Visual Insights Into Your Cancer

Taught by cancer survivor Lori Zudell from Artxpanse. Visual Insights Into Your Cancer program will help you access, explore and work through blocked emotions, fear and the range of feelings that are part of living with cancer. Utilizing expressive art therapy, the sessions will promote reflection, healing and well-being. All art supplies are provided for this free program. No prior art experience required.

Registration required.

Please call (813) 870-4747 to register.

November 5, November 12 and
November 19
10am-noon

St. Joseph's Hospital
Medical Arts Building Auditorium

Restorative Yoga Cancer Program

Yoga incorporates stress-reduction techniques including regulated breathing, visual imagery, meditation and various stretching postures.

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. Attend St. Joseph's Hospital's yoga sessions twice a week for 10 weeks and get regenerated! This FREE program will help alleviate the psychological and physical side effects during and after your cancer treatments.

Space is limited and registration is required.

Call (813) 870-4747 to reserve your space.

Please remember to bring your yoga mat, water and a towel to class.
October 5, 7, 12, 15, 19, 22, 26, 29
November 3, 5, 9, 19, 23, 30
December 7, 9, 14, 17, 21, 28
Noon-1pm
St. Joseph's Hospital Medical Arts Building
Auditorium

Holistic Health

Healing Touch

This four-hour experiential workshop introduces participants to the concepts of Healing Touch, a complementary biofield therapy that creates an optimum environment for self-healing through contact and non-contact touch. Participants learn simple techniques that can be incorporated into their daily lives to help with pain, relaxation and the promotion of wellness.

November 4,
8am-noon
St. Joseph's Hospital
Medical Arts Building, Room 2

Healing Touch Level 1

October 10 and 11

Healing Touch Level 3

October 24 and 25
St. Joseph's Hospital
Medical Arts Building

Registration is required for all classes.

For more information, contact Tammy Dragel at (813) 870-4766. For registration, please call Maria Rego at (813) 870-4983.

Recipes for Holiday Wellness: It's an Inside Job!

This Coaching through Cancer workshop is designed to allow you to create an individualized "recipe" for wellness as you go through the upcoming holidays. You will be guided on a personal inventory tour of your current mental, emotional, physical and spiritual state of being at the beginning of our session. Learn how to take advantage of the tools and ingredients from "Old Mother Hubbard's Cupboard" to develop your own recipe for healing and long-term wellness. These free one-hour workshops will be facilitated by Chris Hubbard, MSP. All materials will be provided.

Please call (813) 870-4747 to register.

October 14, 3-4pm
November 11, 3-4pm
December 9, 3-4pm
St. Joseph's Hospital
Medical Arts Building
Auditorium

Calendar of Events

St. Joseph's Hospital
P.O. Box 4227
Tampa, FL 33677

St. Joseph's Hospitals Foundation

Cruising to a Cure Luncheon

NOVEMBER 8, 2009, 10AM-2PM

Join the Children's Cancer Research Group for a culinary event like no other. Watch three talented chefs from top Tampa Bay restaurants compete for the title of Tampa Bay's Top Chef in the Culinary Institute aboard Holland America's cruise ship the ms Ryndam. During the event, guests will enjoy lunch prepared by Holland America's master chef and have the opportunity to bid on great auction items and tour the cruise ship.

Location: Aboard the Holland America Cruise Ship ms Ryndam, docked at Cruise Terminal 3, Port of Tampa.

Event Chair: Terrell and Heather Boone
Ticket Price: \$75



Georgette Holiday Fashion Show

DECEMBER 11, 2009, 10AM-2PM

Join local celebrity models as they showcase the latest fashion trends for the holiday season. You will not want to miss this Broadway-style fashion show produced by Georgette and Tasha Diaz of Georgette's and The Shoe Salon. The luncheon also offers a silent auction, live auction and 50/50 chance raffle.

Location: Hyatt Regency, Downtown Tampa
Honorary Event Chair: Georgette Diaz
Ticket Price: \$75