



Physician Lecture – Arthritis: Joints and the Aging Body

South Florida Baptist Hospital presents an informative lecture by Orthopaedic Surgeon, Scott Goldsmith, M.D., about new techniques in diagnosing and treating arthritis and knee/hip joint surgical repairs. Dr. Goldsmith will provide valuable information about: symptoms, screening guidelines, diagnosis and treatment, surgical options. Light refreshments will be served.

Feb. 18, 6 – 8 p.m.

Swann Hotel
4141 South Florida Ave.
Lakeland FL

Registration required – Free.

Call (813) 443-2039.

Safe Sitter

This medically accurate program teaches 11- to 13-year-old girls and boys how to handle emergencies when caring for younger children.

Feb. 20, 9 a.m. to 5 p.m.,

South Florida Baptist
Hospital
Administrative Conference
Room

Registration required – \$50

Call (813) 443-2039.

South Florida Baptist Hospital Presents Ladies Night Out — Heart Health

Although heart disease is sometimes thought of as a "man's disease," according to the Centers for Disease Control and Prevention, it is the leading cause of death for both women and men in the United States, and women account for 52.6 percent of the total heart disease deaths.

In 2006, cardiovascular disease was the cause of death in more than 432,709 females.

Heart disease is often perceived as an "older woman's disease," and it is the leading cause of death among women aged 65 years and older. However, heart disease is the third leading cause of death among women aged 25–44 years and the second leading cause of death among women aged 45–64 years.

Find out how to prevent heart disease at *Ladies Night Out*.

Sponsored by the South Florida Baptist Hospital Foundation, this two-hour seminar for women will include a discussion and Q & A with physicians and registered dietitians. Come join us for a light dinner and take charge of your Heart Health!

Feb. 2, 6:30 – 8 p.m.

Speaker: Monica Rivera, M.D.
The Palmetto Club, Conference Room
Fish Hawk Ranch
17004 Dorman Rd.
Lithia FL 33547

Feb. 18, 6 – 8 p.m.

Speakers: Ghazanfar Khadim, M.D., and Sara Markham, R.D.
South Florida Baptist Hospital
Administrative Conference Room

Registration required– Free.

Call (813) 443-2039.

For more than 50 years, South Florida Baptist Hospital has served Plant City and surrounding areas as a non-denominational, not-for-profit community hospital. The progressive, 147-bed acute care facility offers a full range of diagnostic, surgical, therapeutic, women's and rehabilitative services. South Florida Baptist Hospital is part of the BayCare Health System, a family of health care providers consisting of the nine leading not-for-profit hospitals in the Tampa Bay region.

South Florida Baptist Hospital is located at 301 North Alexander Street in Plant City. For more information, please visit www.southfloridabaptist.com.



Support Groups

Diabetes Support Group Series

First Tuesday of each month,
5 to 6 p.m.

Call (813) 443-2039 to register.

Registration required-Free

Bereaved Parents Group

Fourth Monday of each month,
7 p.m.

SFBH Community Conference
Room

**Call Janice Falcon at
(813) 443-2039 for more
information.**

**No appointments
necessary-Free**

Physician Referrals and Volunteer Opportunities

**Call (813) 443-2039 for a
physician referral, or
to volunteer at the
hospital.**

Heart Health Screenings

Blood Pressure Checks

Every Tuesday, 1 to 2 p.m.
Community Resource Center
(main hospital lobby)

**No appointments
necessary-Free**

Cholesterol Screenings (Total, HDL and Glucose)

Every 4th Tuesday of the
Month,
2 to 3 p.m.

Community Resource Center
(main hospital lobby)

**No appointments
necessary-\$25**

High blood pressure increases the heart's workload, causing the heart to enlarge and weaken over time. The risk of coronary heart disease rises as blood cholesterol levels increase. Get both your blood pressure and cholesterol checked on a regular basis.

Safety Courses

Car Seat Inspection

Feb. 1, 1:30 – 2:30 p.m. – Main
Entrance

**Registration and pre-
payment required -- \$20**

Call (813) 443-2039.

Allow 30-45 minutes for this individual appointment. This is not an installation service - customers will be taught how to correctly install their car seat and make necessary corrections. Please bring the vehicle owner's manual and the car seat instructions with you.

CPR and Basic Life Support for Health Care Providers – New Certification

Feb. 6, 8:30 a.m. to 12:30 p.m.
– Community Conference
Room

**Registration and pre-
payment required-\$38:
includes book and card.**

**Call (813) 443-2039 Having a
Baby?**

This course provides new certification for health care workers.

When preparing for the birth of a child, there are many details to consider: the nursery, childproofing, diapers, clothes and more. But updating your