

## Celebrate Fall at FishHawk Ranch Health Fair

South Florida Baptist Hospital will hold its Second Annual Health Fair at FishHawk Ranch, Nov. 7 from 11 a.m. to 2 p.m. The event is free and open to the public.

Activities include:

- Health screenings (blood pressure, cholesterol, skin cancer and osteoporosis)
- Health information (H1N1, children's nutrition, car seat safety)
- Children's activities (bike rodeo, moonwalk, magic show, facepainting, airbrush tattoos)
- Germbusters, teaching proper hand washing techniques to children
- Palm print registration for future patients
- Kids fingerprinting and ID program

In addition, seasonal flu shots will be available for \$25 and pneumonia shots for \$40. Participants also can enjoy a free cookout lunch, healthy cooking demonstrations and live music, and may register to win a Wii videogame console.

The Health Fair at FishHawk Ranch will be held in Park Square, 16144 Churchview Dr., Lithia, FL, where South Florida Baptist Hospital recently opened a Community Health Resource Center. For more information, call **(813) 754-4444**.

## Hospital Presents *Ladies Night Out*

According to the American Society for Aesthetic Plastic Surgery, there were more than 10 million surgical and nonsurgical cosmetic procedures performed in the United States in 2008. The top five surgical cosmetic procedures in 2008 were: breast augmentation, liposuction, eyelid surgery, rhinoplasty and abdominoplasty.

Are you contemplating one of these cosmetic procedures? If so, join us for *Ladies Night Out*, a series of educational seminars on health issues unique to women. Marvin F. Shienbaum, M.D., Plastic and Reconstructive Surgery, will discuss new techniques in breast, body and facial cosmetic surgery.



### Mirror, Mirror on the Wall...

#### Cosmetic Surgery – Face, Body and Breasts

Nov. 10, 6:30 – 8 p.m.

The Palmetto Club at  
FishHawk Ranch, Hibiscus Ballroom  
17004 Dorman Road, Lithia  
A light dinner will be served.

Registration is required. For more  
information or to reserve your space,  
call **(813) 754-4444**.

Sponsored by South Florida Baptist Hospital  
and the South Florida Baptist Hospital  
Foundation.

### Urinary Incontinence Lecture

Nov. 18, 6 p.m.

#### South Florida Baptist Hospital Administration Conference Room

Join urologist Salim K. Afridi, M.D., at an informative lecture to find out about new techniques in treating urinary incontinence for men and women. Dr. Afridi will provide valuable information about symptoms, screening guidelines, diagnosis and treatment, and surgical options. Seating is limited. Call **(813) 754-4444** to register. Light refreshments and a question and answer session will follow.

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](http://www.southfloridabaptist.com).

## Support Groups

### Diabetes Support Group Series

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

**Call (813) 757-8202 to register.**

**Registration required-Free**

### Bereaved Parents Group

Fourth Thursday of each month,  
7 p.m.  
SFBH Community Conference  
Room

**Call Janice Falcon at  
(813) 779-9353 for more  
information.**

**No appointments necessary-  
Free**

## Safe Sitter

South Florida Baptist Hospital is among hundreds of organizations across the country offering Safe Sitter® babysitting training classes. The medically accurate program teaches 11- to 13-year-old girls and boys how to handle emergencies when caring for younger children.

•Nov. 11, 8:30 a.m. to 5 p.m.,  
YMCA, 1507 YMCA Place,  
Plant City

•Nov. 11, 8:30 a.m. to 5 p.m.,  
The Palmetto Club Conference  
Room at FishHawk Ranch,  
17004 Dorman Rd., Lithia  
**Registration required –  
\$50**

**Call (813) 754-4444.**

## Physician Referrals and Volunteer Opportunities

**Call (813) 754-4444 for a  
physician referral, or  
(813) 757-1230 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 4<sup>th</sup> 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.

## Family Childbirth Center Education Programs

### Childbirth Class

Nov. 7, 8 a.m. to 12:30 p.m.  
Cafeteria Conference Room

**Registration required– Free  
Call (813) 754-4444.**

This class prepares the mother and her partner for all phases of labor and delivery; covering emotional needs, relaxation and breathing exercises along with baby care and needs.

### Baby Care and Breastfeeding Class

Nov. 10, 6 to 8 p.m.  
Community Conference Room

**Registration required – Free  
Call (813) 754-4444.**

Topics will include latch and position, colostrums, how often baby should be fed, feeding strategies for sleepy or fussy babies and growth spurts.

## Safety Courses

### CPR and Basic Life Support for Health Care Providers – Recertification

Nov. 2, 6 to 8:30 p.m. –  
Community Conference Room

**Registration and pre-  
payment required-\$38:  
includes book and card  
Call (813) 754-4444.**

Designed for health care workers, this course teaches CPR methods including ventilation, use of automated external defibrillators and choking-relief techniques.

### Car Seat 101

Nov. 23, 10 a.m. to noon  
Community conference Room

**Appointments required–\$10.  
Call (813) 754-4444.**

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.