



HealthSignals

Keeping a beat on our community's well-being.

October 2006

Beat the Flu – Get Vaccinated

No time to get the flu? Make time to get a \$27 flu shot from South Florida Baptist Hospital. It's your best defense against influenza and its potentially serious effects on your health. Pneumonia shots also are available for \$35. (See schedule on back.)

New this year – South Florida Baptist Hospital will be providing flu vaccines for children 9 years of age and older. Parent or guardian is required to accompany the child.



Real people.

I'm ready for anything—
even flu season.

"As a mom, keeping my family safe and healthy is my top priority. When we are on the go, running errands or going to a game, I help protect us from the spread of germs with alcohol-based hand sanitizers to clean hands and faces when we can't get to soap and water."

You can help reduce the spread of flu if you:

- Avoid close contact with people who are sick.
- Keep alcohol-based hand sanitizers in your purse, car and backpack, when soap and water is not available.
- Cover your mouth and nose with a tissue when you cough or sneeze. Then throw away your used tissue.

You can help protect your family against the flu.

Real solutions.

Visit www.cdc.gov/flu/

Call 800-CDC-INFO; TTY: 800-243-7889

The best protection against flu is to get vaccinated when possible.



*Only Medicare B
can be billed –
no exceptions.
No HMOs.
Supplies may be
limited.*

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 located at 301 North Alexander Street in Plant City. For more information, please visit southfloridabaptist.com.

October 2006 Event Roster

Beat the Flu – Get Vaccinated



- **Nov. 3**
9 a.m. – noon
Strawberry Square,
4401 Boot Bay Rd.
- **Nov. 6**
4:30 – 6:30 p.m.
Plant City Train Depot,
Palmer St.
- **Nov. 10**
10:30 a.m. – 1 p.m.
Fred's Farmers Market,
1401 Dr. M.L.K. Jr. Blvd. W.
- **Nov. 11**
10 a.m. – 1 p.m.
Kash n' Karry
205 W. Alexander St.
- **Nov. 20**
4:30 – 7:30 p.m.
WalMart
2602 James Redman Parkway

Heart Health Screenings

Blood Pressure Checks
Every Tues., 1 to 2 p.m.
Community Resource Center
(main hospital lobby)
[No appointments necessary-Free](#)

Cholesterol Screenings (Total, HDL and Glucose)
Every 4th Tues. of the Month, 2 to 3 p.m.
Community Resource Center (main hospital lobby)
[No appointments necessary-\\$15](#)

High blood pressure increases the heart's workload, causing the heart to enlarge and weaken over time, and 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 Prenatal Series
Oct. 16 – Nov. 20, 7 to 9 p.m.,
Administration Conference Room
[Registration required – Free](#)

A six-week course that prepares parents-to-be for all phases of labor and delivery.

Breastfeeding
October 27, 7 to 9 p.m.
Administration Conference Room
[Registration required – Free](#)

It's a natural process that may not come naturally to first-timers. Learn breastfeeding basics, tips for success and how to manage following a return to work and everyday activities.

Safety Courses

CPR and Basic Life Support for Health Care Providers – New certification
Oct. 2, 6 to 10 p.m.—Community Conference Room
[Registration and pre-payment required-\\$30: includes book and card](#)

This course provides new certification for health care workers.

Infant and Car Safety Checks
Oct. 2, 9 a.m. to 1 p.m.
Oct. 12, 10 a.m. to 2 p.m.,
Hospital Main Lobby
[Appointments required – Free](#)

Protect your child's life by allowing our experts to guide you through correct car safety seat installation and use.

Support Groups

Alzheimer's Support Group Series
Second Tues. of each month
First Baptist Church, 503 N. Palmer Street
[Please call Linda Bryant at \(813\) 754-3761 for more information.](#)

Epilepsy Support Group
Second Tues. of each month, 10 to 11 a.m.,
SFBH Cafeteria Conference Room
[No appointments necessary-Free](#)

Diabetes Support Group Series
First Tues. of each month, 5 to 6 p.m.
Call 757-8202 to register.
[Registration required-Free](#)

Bereaved Parents Group
Fourth Thurs. of each month, 7 p.m.
SFBH Community Conference Room
[Please call Anita Pippin at \(813\) 362-6972 for more information. No appointments necessary-Free](#)

**Physician Referrals and
Volunteer Opportunities**

**Please call (813) 754-4444 for a
physician referral, or
(813) 757-1230 to volunteer at
the hospital.**