

## “Surf the Wave of Wellness” at Free Children’s Health Fair

South Florida Baptist Hospital presents its 16<sup>th</sup> annual Children’s Health Fair Oct. 10, from 10 a.m. to 2 p.m. at the Arthur Boring Building of the Strawberry Festival Grounds in Plant City.

Examples of free screenings that will be offered include blood pressure, height, weight, and scoliosis, hearing and vision screenings, among others.

A moon walk and rock climbing wall are just a few of the fun activities available for kids. They also may register to win a bicycle donated by A.J.’s Bikes and Boards, Valrico, or a Wii donated by the Plant City Kiwanis Club.

Some of the participating organizations include Florida Department of Citrus, Florida KidCare Outreach Project of Hillsborough County, Plant City Fire Department, Plant City Police Department, Plant City YMCA, St. Joseph’s Children’s Hospital Child Advocacy, The Spring of Tampa Bay, and WIC Food and Nutrition Services. Admission is free. For more information, call **(813) 757-8511**.

## South Florida Baptist Hospital Receives ACR Accreditation

South Florida Baptist Hospital has been awarded a three-year term of accreditation in CT (computed tomography), MRI (magnetic resonance imaging), ultrasound and mammography as the result of a recent survey by the American College of Radiology (ACR).

The ACR evaluations are conducted by board-certified physicians and medical physicists who are experts in the field. They assess the qualifications of the personnel and the adequacy of facility equipment.



Over the past few years, South Florida Baptist Hospital has added state-of-the-art imaging equipment, such as:

- GE LightSpeed 16 multi-slice CT that can image the heart in less than 20 seconds
- GE Logiq 9 Ultrasound that provides 3-D imaging
- Lorad M IV Platinum Mammogram that digitizes mammograms
- Siemens MAGNETOM Espree 1.5T MRI with a bore opening that can accommodate patients up to 500 pounds

Patients and physicians may schedule imaging services by calling **(813) 757-8350**.

## Ladies Night Out

### Pre-Diabetes: Learn about Treatment and Symptoms

October 15, 6 – 8 p.m.

South Florida Baptist Hospital Administration Conference Room  
Brian Korte, M.D., and Martin Girling, D.P.M., will lead a comprehensive discussion about the prevention of, symptoms and treatment for diabetes. A light dinner will be served.

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).

## Beat the Flu Bug – Get Vaccinated

Flu shots are \$25. Only Medicare B can be billed. Please bring your card. No HMOs. Supplies may be limited. Pneumonia shots also are available for \$40.

Services offered in the following locations:

### Community Resource Room, Hospital Lobby:

- Oct. 13, 2 to 3 p.m.

### Fred's Market

- Oct. 30, 11:15 a.m. to 12:30 p.m.

## Celebrate Fall

### Second Annual Health Fair at FishHawk Ranch Park Square 16144 Churchview Dr., Lithia Nov. 7, 11 a.m. to 2 p.m.

Join us for activities, health screenings and information.

Activities include:

- Free cookout lunch
  - Healthy cooking demonstrations
  - Wii drawing
  - H1N1 information booth
  - Wellness on Wheels bus
  - Children's nutrition information
  - Bike rodeo
  - Kids' fingerprinting and ID program
  - Car seat safety information
- And much more!

## 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 Sue Bowditch at**

**(813) 661-9334 for more  
information.**

**No appointments necessary-Free**

## 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

Oct. 3, 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

Oct. 6, 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 – New Certification

Oct. 3, 8:30 a.m. to 12:30 p.m. –  
Community Conference Room

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

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

This course provides new certification for health care workers.

### Car Seat 101

Oct. 12, 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.

### Heart Saver CPR

Oct. 29, 6 to 8:30 p.m.

Community Conference Room

**Appointments required- \$25**

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

This course is designed to teach students adult and child CPR, and relief from choking. It is specifically designed for non-health care workers.