



HealthSignals

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

June 2006

Fourth of July Event Benefits Wellness on Wheels

The City of Plant City Recreation & Parks Department and the Plant City Chamber of Commerce will host the annual Bill Heard Chevrolet's July 4th Celebration at Plant City Stadium, 1900 E. Park Rd. South Florida Baptist Hospital will participate in the event, giving away Frisbees and watermelon, and selling 50/50 raffle tickets. Funds raised will benefit the hospital's Wellness on Wheels (WOW) mobile health programs.

The event begins at 5 p.m. Festivities include a spectacular fireworks display, food and entertainment by the Simmons Brothers and also local performers.

Admission is free, with \$2 for parking.

Hospital Provides Free Back to School Physicals, Immunizations

South Florida Baptist Hospital will conduct free back-to-school physicals for first time Florida students in grades K to 12 and free immunizations for children age infant to 18 on July 15 from 9 a.m. – 1:30 p.m. at Hillsborough Community College, Plant City Campus, John Trinkle Center.

The primary goals of the back-to-school physicals are to extend free and necessary school health screenings to Plant City residents, to help parents understand when and why their kids should receive pediatric care, and to provide appropriate referrals for long term care. Screenings include vision, blood pressure, urinalysis, hematocrit and height/weight. Parents should bring current shot records for their kids. No sports, Head Start or daycare physicals are offered at this event.

Registration is required. Please call (813) 754-4444.

Hospital Conducts with Sports Physicals

South Florida Baptist Hospital is helping Plant City athletes fulfill mandatory sports physicals on June 27 from 5:30 to 9 p.m., at the hospital. Cost is \$12. If your child plans to participate in a sport in the Plant City area this school year, please see their coach for screening requirements.

The screening schedule is as follows:

Turkey Creek Trojans	5:30 to 6 p.m.
Tomlin Middle School	6 to 6:30 p.m.
Plant City High School	6 to 6:30 p.m.
Antioch Youth Sports	6:30 to 7 p.m.
Durant High School	7 to 7:30 p.m.
Plant City Dolphins	7 to 8:00 p.m.
Dover Patriots	7:30 to 8 p.m.
Plant City Colts	7:30 to 8 p.m.
Walk-Ins	8 to 8:30 p.m.

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.

June 2006 Event Roster

Heart Health Screenings

Blood Pressure Checks

June 6, 13 and 20, 1 to 2 p.m.

June 27, 1 to 3 p.m.

Community Resource Center
(main hospital lobby)

No appointments necessary-Free

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.

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

Family Childbirth Center Education Programs

Breastfeeding

June 5, 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.

Childbirth Prenatal Series

June 26 – July 31, 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.

Safety Courses

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

June 6, 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

Tuesdays only, 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

April 11, 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

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.

Unless otherwise noted, please call (813) 754-4444 for more information or to register for a class.