

South Florida Baptist Hospital Provides Free Back to School Physicals, Immunizations

South Florida Baptist Hospital, in conjunction with the Back to School Coalition of Hillsborough County, will conduct free back-to-school physicals and immunizations for first time Florida students in grades K to 12 on Aug. 14 from 9 a.m. – 1 p.m. at Walden Lake Medical Arts Center, 1601 W. Timberlane Dr., Plant City.

The primary goals of the back-to-school physicals are to extend free and necessary school health screenings to residents in Plant City and surrounding areas, 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, and height/weight. Parents must bring current shot records for their kids. No sports, Head Start or daycare physicals are offered at this event.

Registration is required.
Call (813) 443-2039.

Ladies Night Out Healthy Living

Aug. 19
6 - 8 p.m.
Sweetbay Supermarket
205 W Alexander St
Plant City FL 33563-7158
Cost: Free



Join us for a healthy eating demonstration and grocery store tour at Sweetbay Supermarket to learn shopping techniques with their Star Program. The event includes a healthy cooking demonstration by the Sweetbay chef and label reading tips from a South Florida Baptist Hospital dietitian. Registration is required.

Call **(813) 443-2039** for more information or to reserve your space.

Sponsored by South Florida Baptist Hospital, the South Florida Baptist Hospital Foundation and Sweetbay Supermarket.

Teen Talk for Girls 11 to 14

Aug. 18
9 a.m. – 1 p.m.
FishHawk Ranch
Palmetto Club Conference Room
Cost: \$25 per parent/child couple,
includes book.



Nationwide research has shown that 53 percent of teens (age 12 to 14) say that parents influence their decisions about sex more than anyone else does. Friends are the second most influential group – 24 percent say that friends influence their sexual decisions. Yet parents underrate the level of influence they have with 48 percent of parents thinking that their teen's sexual decisions are most influenced by their friends. This class is designed to open or enhance communication between a girl and her mother or support person.

Call **(813) 443-2039** for more information or to reserve your space.

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.

Freedom from Smoking

Aug. 31

7 – 8:30 a.m.

2-South Classroom

Cost: \$90

Want to quit smoking but don't know where to start? Freedom From Smoking could be the answer. This eight-session group program, developed by the American Lung Association, will provide the extra support you need to kick your habit for good. Guided by experts, you'll learn how to change your behavior and become smoke-free for life.

Call (813) 443-2039.

Support Groups

Diabetes Support Group Series

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

Call (813) 443-2039 to register.

Registration required-Free

Bereaved Parents Group

Fourth Mon. of each month,
7 p.m.

Community Conference Room

**Call Janice Falcon at
(813) 779-9353 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 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-\$25

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 Class

Aug. 14, 8 a.m. to noon.
Community Conference Room

**Registration required– Free
Call (813) 443-2039.**

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.

Safety Courses

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

Aug. 7, 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.**

This course provides new certification for health care workers.

CPR and Basic Life Support for Health Care Providers – Recertification

Sept. 20, 6 to 8:30 p.m. –
Community Conference Room

**Registration and pre-payment required-\$38:
includes book and card
Call (813) 443-2039.**

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