

# LRMC Family and Children's Programs

## Prepared Childbirth Classes:

Empowers expectant parents with a comprehensive picture of labor and the birthing process. Topics include signs of labor, when to go to the hospital, and comfort measures such as breathing, relaxation, massage, visualization, IV medication and epidural. Also discussed are medical management of labor such as inductions, assisted delivery and cesarean section. A tour of Labor & Delivery and Mother-Baby area is provided with this course.

Registration is required for all prepared childbirth classes. To register, please call 687-1100 ext. 2097 or register online at [www.LRMC.com](http://www.LRMC.com). These classes fill up quickly! Sign up early and prepay to reserve your place.

### Prepared Childbirth - Weekday Course

The classes are held for four consecutive weeks from 6:30 - 9:00 p.m. Fee is \$55.00 per couple and includes an interactive book.

### Prepared Childbirth - Saturday Course

For those who cannot attend the weekday prepared childbirth classes. Classes are held on two consecutive Saturdays from 9:00 a.m. - 12:30 p.m. or as an all day course from 9:00 a.m. - 5:00 p.m. Fee is \$55.00 per couple and includes an interactive book.

**Enroll in Prepared Childbirth,  
Breastfeeding and Newborn Care  
Classes for \$70.00 and save  
\$15.00!**



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## Other Classes and Programs:

### Breastfeeding Class

For expectant mothers who are considering breast-feeding their newborn. This class will give parents the knowledge that leads to successful breast-feeding. Partners are encouraged to attend. The class is held on select nights of each month from 6:30 - 9:00 p.m. and on select Saturdays from 9:00 - 11:30 a.m. The fee is \$15.00 and includes a breastfeeding book. Call 687-1100 ext. 2097 for more information and to register, or register online at [www.LRMC.com](http://www.LRMC.com).

### CPR and First Aid

Citizen CPR, Inc. provides a variety of infant, child and adult CPR classes, as well as first aid and baby/child safety classes. Recommended for all parents, grandparents, babysitters and childcare providers. For a class schedule, contact Citizen CPR, Inc. at 680-1277, email [citizencpr@msn.com](mailto:citizencpr@msn.com), or visit their website at [www.citizencprinc.com](http://www.citizencprinc.com).

### Newborn Care Class

For expectant parents who are seeking to learn more about caring for their new baby during the first few months of life. Topics covered include infant bathing, diapering and cord care, dressing, feeding, and burping. Also covers various ways the infant communicates through body language and crying patterns, signs of illness, when to call a care provider and how to adjust to becoming a family. This class is held on select nights once a month from 6:30 - 9:00 p.m. The fee is \$15.00 per couple and includes a book about newborn care and parenting. Call 687-1100 ext. 2097 for more information and to register, or register online at [www.LRMC.com](http://www.LRMC.com).

### Sibling Course

The sibling class is designed to help children adjust to having a new baby in the family. The course is offered for children ages four years and up on selected Saturdays from 10:00 - 11:30 a.m. The fee is \$15. Classes are limited to 10 participants. Call 687-1100 ext. 2097 for more information and to register, or register online at [www.LRMC.com](http://www.LRMC.com).

### Mommy and Me Social Groups

A social group designed to educate and support parents in the care of their baby from birth to one year. The class meets Thursdays from 10:00 - 11:30 a.m. in the Family Fundamentals Building located at Memorial and Lakeland Hills Blvd. The class is free and open to mothers and/or fathers and their newborn(s). A great way to make friends with other new parents. No registration required.

# LRMC Classes and Support Groups

## Life After Breast Cancer

A support discussion for women who have been diagnosed, are going through or have gone through treatment for breast cancer. Meetings are held at Lakeland Regional Cancer Center every 6 weeks from 6:00-7:00 p.m. For more information, please contact Tina Weakland, Nurse Navigator, LRCC at 603-6565.

## Cancer Dialogue

Cancer Dialogue is an open support group for patients and/or their significant others (age 18+) who wish to receive information and share experiences about cancer. Meetings are held the second Thursday of each month from 3:00 - 4:30 p.m. in the B6 family lounge. Call 687-1247 for more information.

## Cardiac Rehab Classes

The LRMC Cardiac Rehabilitation Department provides free classes most Tuesday afternoons for individuals with heart disease or multiple cardiac risk factors. Classes are open to patients and anyone from the community; family members are encouraged to attend. Classes focus on risk factors and heart-healthy living. For more information or for a schedule of classes, please call the Cardiac Rehabilitation Department at 687-1128.

## Community Education Series

LRMC offers a variety of health education programs throughout the year focusing on prevention, detection and treatment of disease. Most lectures are held on Tuesday or Thursday evenings in the hospital auditorium. For a current schedule, check out "Events" on [www.LRMC.com](http://www.LRMC.com).

## Diabetes Support Group

The Diabetes Support Group meets monthly (except summer months) from October through May. The program includes a guest speaker. Call LRMC's Diabetes Education Department at 687-1100 ext. 3815 or 284-1604 to be added to the mailing list. The meeting location alternates between LRMC and Watson Clinic.

## Diabetes Self-Management Class

Whether you're newly diagnosed or need a refresher, LRMC's Diabetes Self-Management class helps people to understand and care for their diabetes, so they can feel their best and prevent complications in the future. The program is accredited by the American Diabetes Association. Most insurance plans cover the class fee. Day and evening classes available. A doctor's referral is required. For more information or to register, call 687-1100 ext. 3815 or 284-1604.

## Leukemia, Lymphoma & Myeloma Support Group

Location: 6th floor B wing  
Room B645

The Leukemia, Lymphoma and Myeloma Support Group meets the second Monday of every month, from 2:00 - 3:00 p.m. in the family lounge on B6. For more information, contact Chaplain Brian Hurley at 687-1247 or Glenda Clark, LCSW at 904-1824 or the Leukemia & Lymphoma Society at 1-800-785-0733.

### Please Note:

All meeting locations, dates and fees are subject to change.

## Pulmonary Rehab Support Group

The Pulmonary Rehab Support Group meets the second Friday of each month from 10:30 a.m. - noon. This is an open support group for anyone dealing with respiratory problems. Meetings focus on various topics related to living with and coping with lung disease. For more information or to be placed on our mailing list, please call the LRMC Pulmonary Rehabilitation Department at 284-1985.

## Pulmonary Rehab Program (Class)

Pulmonary Rehab is a comprehensive outpatient program for patients with chronic respiratory diseases who are symptomatic, and who have difficulty with the activities of daily living. Patients attend 18 two-hour sessions focusing on patient education and exercise. In addition, we offer outpatient asthma and COPD management classes. For more information, please call the LRMC Pulmonary Rehabilitation Department at 284-1985.

## Total Joint Replacement Pre-operative Education Class

Location: Room M540

Free class designed to inform elective total joint replacement patients and their families about what to expect with regard to surgery, from the pre-operative period to post hospital recuperation. The class is led by an interdisciplinary team of physical therapists, social services and orthopedic nurses. Topics covered include pain management, daily routine, ambulation, exercises and discharge planning. The class is held every Tuesday at 2:30 p.m. in Room M540. No registration required. Call 687-1100 ext.



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