



**FLAGLER**  
**LIFE INSTITUTE**  
*Increasing Knowledge, Achieving Excellence*

# Spring 2017 Educational Offerings

January - April 2017

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# About Flagler Life Institute

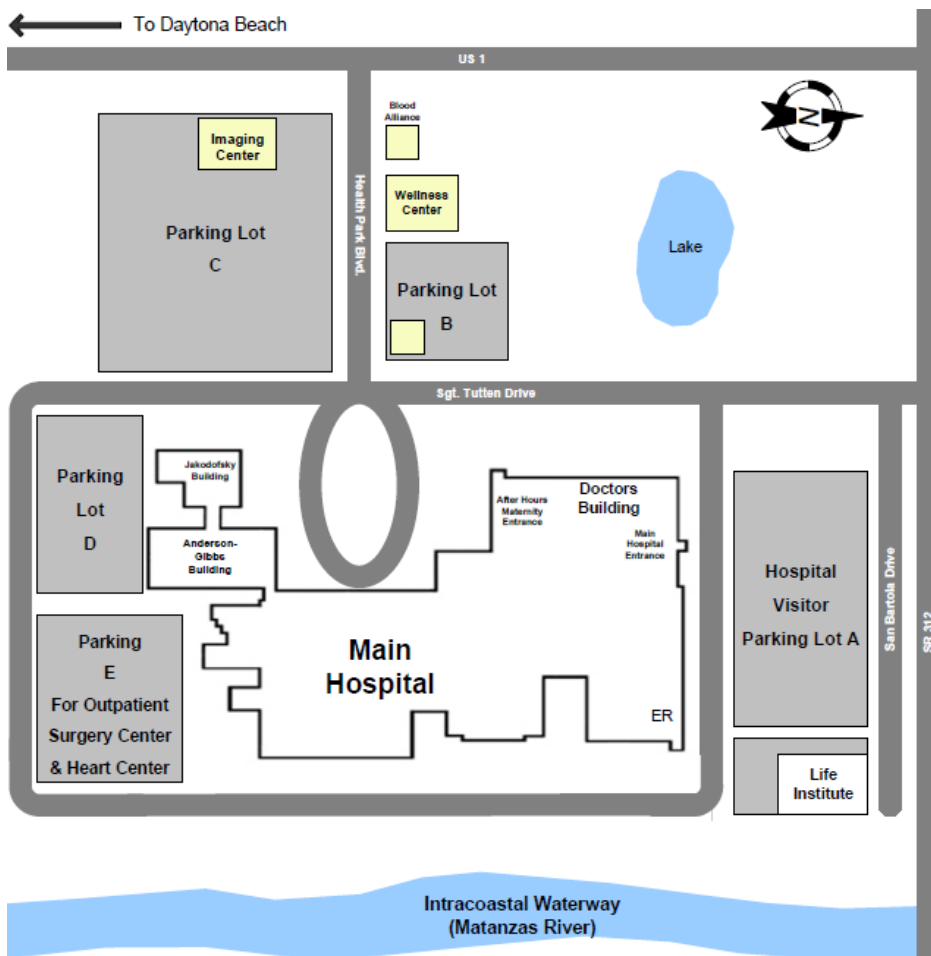
The Flagler Life Institute is different than a traditional hospital staff development department in that it offers a multidimensional approach to helping employees, physicians and community members achieve their maximum potential. This approach is focused on increasing clinical excellence and helping individuals grow as professionals. The ultimate goal is to create a culture in which every person feels the ownership needed for the successful pursuit of excellence in performing their jobs.

## *A Message from the Flagler Hospital Chief Learning Officer*



Excellence is defined as "the best obtainable, first-class, premium, highest, superior and exceptional." In our lives, being committed to excellence can make all the difference in the world. When we make every effort to do our best, we can reach for the stars and fulfill our potential. Real happiness comes from knowing that we refuse to stop at good enough and instead make excellence our goal. On behalf of the Life Institute team, I invite you to participate in any class offerings on your personal journey toward excellence.

Patricia D. Moore, PhD, RN  
Chief Learning Officer  
Flagler Hospital



### Directions from the North:

1. Start out going SOUTH on I-95
2. Take the SR-207 N exit- EXIT 311- toward ST AUGUSTINE / ST AUGUSTINE BCH / ANASTASIA STATE PK.
3. Turn LEFT onto FL-207 N.
4. Turn RIGHT onto FL-312 E.
5. Turn RIGHT onto US-1 S.
6. Turn LEFT onto HEALTH PARK BLVD.

**End at 400 Health Park Blvd St Augustine, FL 32086-5784, US**

### Directions from the West:

1. Take Interstate 10 to Jacksonville and merge into Interstate 95 South.
2. Take the SR-207 N exit- EXIT 311- toward ST AUGUSTINE / ST AUGUSTINE BCH / ANASTASIA STATE PK.
3. Turn RIGHT onto FL-207 N.
4. Turn RIGHT onto FL-312 E.
5. Turn RIGHT onto US-1 S.
6. Turn LEFT onto HEALTH PARK BLVD.
7. End at 400 Health Park Blvd St Augustine, FL 32086-5784, US

## ***Cancellation and Refund Policy***

If you must cancel a class, please call at least 72 hours ahead of the class to receive a refund. Within 72 hours of the class, no refunds will be given, however, you may reschedule. Cancellations without notice will not be rescheduled, a new registration/payment will be necessary.

## Basic Life Support for the Healthcare Provider (BLS)

Please call the Life Institute at (904) 819-4787 for registration information and the current class schedule.

Course materials will be provided at the time of registration.

**Course Description:** Provides participants with the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. The course is intended for certified or noncertified, licensed or non-licensed healthcare professionals.

**Employee Cost:** \$5

**Non-Employee Cost:** \$60 for recertification; \$70 for initial certification (includes cost of book)

## Pediatric Advanced Life Support (PALS)

Please call the Life Institute at (904) 819-4787 for registration information and the current class schedule.

Please specify if you need an initial certification or recertification class.

Participants MUST complete pre-course work. Course materials will be provided at the time of registration.

**Course Description:** This course is designed to aid pediatric healthcare providers in developing the knowledge and skills necessary to efficiently and effectively manage critically ill infants and children, resulting in improved outcomes. Skills taught include recognition and treatment of infants and children at risk for cardiopulmonary arrest; the systematic approach to pediatric assessment; effective respiratory management; defibrillation and synchronized cardioversion; intraosseous access and fluid bolus administration; and effective resuscitation team dynamics.

**Employee Cost:** \$20 (required by job description); \$50 (not-required by job description)

**Non-Employee Cost:** \$140 recertification; \$165 initial certification (includes cost of book)

## Advanced Cardiac Life Support (ACLS)

Please call the Life Institute at (904) 819-4787 for registration information and the current class schedule.

Participants MUST complete pre-course work. Course materials will be provided at the time of registration.

**Course Description:** This course is designed for the healthcare professional who participates in the management of cardiopulmonary emergencies. Participants will be provided with an overview of the following topics: adult cardiovascular arrhythmia recognition, brain attacks, cardiovascular drug therapy, and AED skills.

**Employee Cost:** \$20 (required by job description); \$50 (not-required by job description)

**Non-Employee Cost:** \$150 for recertification; \$175 for initial certification (includes cost of book)

## Neonatal Resuscitation Program (NRP)

Please call the Life Institute at (904) 819-4787 for registration information and the current class schedule.

Also, please note the live megacode must be attended within 90 days of successful completion of the online test! Please provide your email address at the time of registration.

**Course Description:** This course teaches an evidence-based approach to the resuscitation of the newborn. The causes, prevention, and management of mild to severe neonatal asphyxia are carefully explained so that health professionals may develop optimal knowledge and skills in resuscitation.

**Employee Cost:** \$35 (required by job description); \$70 (not-required by job description); \$70 Payroll Deduction Form required for use of book; form will be processed one week after class, **if book has not been returned to the Life Institute.**

**Non-Employee Cost:** \$100.00 (without book)

**CEUs:** 9 CEUs for Online Modules

## Cancellation and Refund Policy

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# Life Support and Clinical Classes

## Basic EKG Course

Participants must attend all three days and pass a test on the third day in order to obtain a certificate.

**Date, Time & Location:** Classes are held in the Life Institute,

Day One: 9:00am—4:30pm;

Day Two: 9:00am—4:30pm;

Day Three: 9:00am—11:30am.

– Jan 18, 19, 20, 2017 (Wed, Thurs, Fri)

– Feb 22, 23, 24, 2017 (Wed, Thurs, Fri)

– Mar 22, 23, 24, 2017 (Wed, Thurs, Fri)

– Apr 19, 20, 21, 2017 (Wed, Thurs, Fri)

**Course Description:** This course is designed to provide registered nurses or experienced monitor technicians a review of all cardiac dysrhythmias and their treatments. This course includes a review of cardiac anatomy and physiology, electrophysiology, basic EKG analysis, sinus arrhythmias, atrial arrhythmias, junctional arrhythmias, heart blocks, ventricular arrhythmias, and the basics of cardiac pacing. Each section includes a review of the etiology, measurements, practice strips, and treatments.

**Employee Cost: Free to Employees**

**Non-Employee Cost: \$150 for class, \$50 for book.**

**CEUs:** 14 CEUs for both days

## LifeNet Health of Florida Presents: Being There: A Grief & Loss Workshop for Hospital Caregivers

Please call the Life Institute at (904) 819-4787 for registration information and the current class schedule.

**Pre-registration Required, Seats Are Limited**

**Course Description:** LifeNet Health's Grief and Loss Training has been developed to help you recognize and attend to the many challenges of working with the acute needs of the newly-bereaved. At the end of this leaning experience you will be able to:

- Review personal losses, and recognize their impact on working with bereaved families.
- Identify factors which contribute to complicated mourning.
- Identify and attend to the physical, emotional, social, and spiritual needs of bereaved family members.
- Demonstrate the key components of effective support of the bereaved.

CEUs: 6 CEUs for web-based & live portions combined

**For Flagler Hospital Employees Only, Free to Employees**

## S.T.A.B.L.E.: Initial and Recertification

Please call the Life Institute at (904) 819-4787 for registration information and the current class schedule.

Course materials will be provided at the time of registration. S.T.A.B.L.E. books are available for participants to borrow or books can be purchased for an additional \$50.00.

**Course Description:** The S.T.A.B.L.E. course is designed for staff charged with stabilizing infants prior to transport and stands for the six assessment and care modules in the program: Sugar, Temperature, Airway, Blood pressure, Lab work, and Emotional support.

**Employee Cost:** \$20 (required by job description); \$50 (not-required by job description)

## Infant CPR

**Date & Time:** Third Wednesday of each month, 7:00pm-8:00pm

**Location:** Flagler Hospital Maternal Child Conference Room, 2nd Floor Main Hospital Building

**Course Description:** This class offers training in CPR for anyone caring for an infant: parents, family, babysitters, day care workers, teachers, etc. Topics also include: baby-proofing your home, how to handle emergencies and how to help a choking baby.

**Cost:** There is no cost for this class

**For more information or to register call 819-4356**

## Family and Friends CPR

**Date & Time:** For dates and times call 904-209-1733 or email ghall@sjcfl.us

**Course Description:** Flagler Hospital is proud to partner with St. Johns County Fire Rescue to bring you a free family and friends CPR class. All you need are your hands and a few hours of training to learn how to save someone's life. Performing effective CPR immediately after someone suffers sudden cardiac arrest can double their chance of survival. These classes are available for any family member of someone who is high risk of a cardiac emergency. Participants will learn the basics of: signs and symptoms of a heart attack, hands-only CPR, Adult CPR and AED use, Child CPR and AED use, Infant CPR and First Aid for Choking Victims.

**Target Audience:** Family and friends of someone who is high risk of cardiac emergency.

**Cost:** There is no charge for this class

**Location/Registration:** call 904-209-1733 or email ghall@sjcfl.us

## Cancellation and Refund Policy

If you must cancel a class, please call at least 72 hours ahead of the class to receive a refund. Within 72 hours of the class, no refunds will be given, however, you may reschedule. Cancellations without notice will not be rescheduled, a new registration/payment will be necessary.

## Intra-Aortic Balloon Pump (IABP)

**Date & Time:** Fri, Apr 21, 2017: 8:00am-11:00am

**Location:** Flagler Hospital, Life Institute Simulation Lab

**Course Description:** This course is designed for experienced health care professionals directly responsible for the care of patients requiring intra-aortic balloon pump therapy and covers the concepts of counterpulsation. The course will review clinical considerations, anatomy and physiology, as well as discuss catheter insertion followed by a detailed explanation of the Datascope. Participants will have the opportunity for hands on experience with the Datascope .

**Employee Cost:** Free to Employees

**Non-Employee Cost:** \$60 per person, \$40 per person for Flagler Hospital Affiliated Physicians and their staff

**CEUs:** 3 CEUs

## Pacemaker

Please call the Life Institute at (904) 819-4787 for registration information and the current class schedule.

**Date & Time:** Fri, Apr 21, 2017: 11:00am-12:00pm

**Location:** Flagler Hospital, Life Institute Simulation Lab

**Course Description:** This course focuses on identifying the indication for a pacemaker, the components of a pacing circuit, and the different types of pacemakers; as well as assessing cardiac rhythm with appropriate trouble shooting, adjusting pacer dials to obtain appropriate settings, and assessing for optimal pacing. Participants will also discuss the nursing care of a patient with a pacemaker.

**Employee Cost:** Free to Employees

**Non-Employee Cost:** \$30 per person, \$20 per person for Flagler Hospital Affiliated Physicians and their staff

**CEUs:** 1 CEU

## Continuous Renal Replacement Therapy (CRRT)

**Date & Time:** Please call the Life Institute at (904) 819-4787 for registration information and the current class schedule.

**Location:** Flagler Hospital, Life Institute Simulation Lab

**Course Description:** This course focuses on identifying the indications for CRRT therapy, the components of the different modes of CRRT, the complications of CRRT and monitoring. This course is meant for SICU, MICU, and OH nurses

**Employee Cost:** Free to Employees

**Non-Employee Cost:** \$20 per person, \$10 per person for Flagler Hospital Affiliated Physicians and their staff

**CEUs:** 1 CEU

## Nursing Internship Didactic Courses —

### RN In-Depth Review Courses

There are two classes required for all Flagler Hospital RN's participating in the Internship Program. These classes also serve as in depth review classes for experienced RN's. Schedule subject to change, please call to confirm.

**Employee Cost:** Free to Flagler Hospital Employees

**Non-Employee Cost:** \$50 per class

**Location:** Flagler Life Institute Classroom 2, 2nd Floor

### Nursing Didactic Day 1

Mon, Feb 20, 2017

Mon, Apr 17, 2017

Mon, Jun 12, 2017

Mon, Aug 21, 2017

Mon, Oct 16, 2017

Mon, Dec 11, 2017

8:00am-9:00am: Pre-tests/Professionalism

9:00am-10:00am: Pharmacy Overview

10:00am-10:15am: Break

10:15am-11:30am: Nursing Burnout

11:30am-12:00pm: Blood Administration

12:00pm-1:00pm: Lunch

1:00pm-2:00pm: Time Management/Delegation

2:00pm-2:15pm: Break

2:15pm-4:30pm: End-of-Life

### Nursing Didactic Day 2

Tues, Feb 21, 2017

Tues, Apr 18, 2017

Tues, Jun 13, 2017

Tues, Aug 22, 2017

Tues, Oct 17, 2017

Tues, Dec 12, 2017

8:00am-12:00pm: SMART

12:00pm-12:30pm: Lunch

12:30pm-1:30pm: CHF & CIWA

1:30pm-2:00pm: Respiratory Treatment

2:00pm-2:15 Break

2:15-3:00pm: Sepsis, Stroke & Rapid Response

3:00pm-3:45pm: Results & Physician Notification

4:00pm-4:30pm: Evaluations

## Cancellation and Refund Policy

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# Clinical Classes & Professional Development

## Non-Abusive Psychological & Physical Interventions (NAPPI)

*Please go to NetLearning to check the class schedule and register.*

**Course Description:** NAPPI is a sixteen hour training course focused on the assessment and prevention of behavioral escalation utilizing verbal and physical interventions that ensure staff and patient safety.

**For Flagler Hospital Employees Only**

**CEUs:**

Initial Certification: 12 CEUs

Recertification: 6 CEUs

**Instructor:** Certified NAPPI Instructors

## NAPPI SMART

*Please go to NetLearning to check the class schedule and register.*

**Course Description:** NAPPI Smart is a condensed four hour program in which participants learn to identify behaviors, prevent escalation with use of verbal skill intervention and develop personal and environmental safety awareness.

**For Flagler Hospital Employees Only**

**CEUs:** 4 CEUs

**Instructor:** Certified NAPPI SMART Instructors

## Register for NAPPI and NAPPI SMART Classes through NetLearning:

1. After logging into Netlearning, in the “Enroll in CBL/Classes” widget, type “NAPPI” into the search box and click the magnifying glass to search. (You can also type in “Initial,” “Recertification,” or “SMART” if you are looking for that particular NAPPI class.)
2. To enroll in the course/class, click the green “+” next to the course/class at the desired time and date. In order to view all available sessions, make sure to click the arrows (right underneath the widget header “Enroll in CBL/Class”) when it shows multiple pages. **NOTE:** You can also adjust the page size to show more than 10 results.
3. After you click the green “+,” a new window will appear, review the class details (# of CEUs, Class Start Time and End Time, Location) and click “Enroll” to add the class. **NOTE:** Make sure to have pop-ups enabled for this website.
4. Click “Enroll” to confirm enrollment into the class.
5. The class will now appear in your “myCourses/Classes” widget on the left. You have successfully enrolled in the class.

## Preceptor Workshop

**Date, Time & Location:** Thu, Apr 6, 2017, 9:00am—2:00pm  
Life Institute Computer Lab and Simulation Lab

**Course Description:** This workshop introduces hospital employees to the essential components of becoming a preceptor and how to meet preceptee needs. Topics include concepts such as identifying learning styles, competency validation, workplace acclimation, performance evaluation, communication skills, providing feedback, and Allscripts documentation. Participants will participate in a variety of exercises and case studies to develop the essential clinical and critical thinking skills required for the preceptor role.

**For Flagler Hospital Employees Only**

**CEUs:** 4 CEUs

## Patient Safety Observer Orientation

**Location:** Life Institute, Classroom 2 (upstairs)

**Date & Time:** Scheduled As Needed

**Course Description:** At the completion of orientation, the participant will be able to: Describe the reasons for Patient Safety Observers (PSO) in the hospital, understand the responsibilities of the PSO, list several types of patients who may require a PSO, list several general guidelines for caring for a patient with dementia, describe several patient safety concerns and strategies for maintaining patient safety, list several behaviors or signs of distress and state when the nurse should be notified, and understand the Joint Commission guidelines on the use of restraints

## Microsoft Office Session Information

For one-on-one instruction on Microsoft Office Products (Word, Excel, Powerpoint), please e-mail Angela Guerrero to schedule an appointment ([Angela.guerrero@flaglerhospital.org](mailto:Angela.guerrero@flaglerhospital.org))

## Cancellation and Refund Policy

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# Patient and Community Education

## Knee and Hip Replacement Pre-Surgery Class

### **Date & Time:**

- Every Monday, Wednesday and Thursday except holidays
- Mondays, 1:30pm-2:30pm
- Wednesdays, 1:30pm-2:30pm
- Thursdays, 4:00pm-5:00pm

**Course Description:** Flagler Hospital offers a pre-surgery class for patients undergoing knee or hip replacement. If possible, patients should bring an involved family member or friend who can serve as the patient's support coach.

**Target Audience:** People undergoing knee or hip replacement at Flagler Hospital, and family/caregivers

**Cost:** There is no charge for this class

**Location:** Flagler Hospital 8th Floor Classroom, 400 Health Park Blvd., St. Augustine, FL 32086

**Registration:** 904-819-4059

**Instructors:** Nan Corrado, RN, ONC  
Heather Bushnell, PT

## Heart Health Series

**Date & Time:** Second Thursday of each month, 1:00pm

- January & July—Dietary: Sodium and Your Heart
- February & August—Sleep Apnea
- March & September—Living with Heart Failure
- April & October—Overview of Medication
- May & November—Dietary: Heart Healthy Eating
- June & December—Exercise Considerations

**Course Description:** These free classes are designed for people who have been diagnosed with heart failure. The class is followed by a complimentary heart-healthy lunch.

**Target Audience:** Patients/families/caregivers

**Cost:** There is no charge for these classes

**Location:** Flagler Hospital Matanzas Classroom (1st Floor), 400 Health Park Blvd., St. Augustine, FL 32086

**Registration:** Call 904-819-4059 for more information or to register. Walk-ins welcome.

**Instructors:** Scott Hayford, MS; Delia Hunter, RN; Michelle Meis, RD; Renee Wyden, EdD, LCSW; Gina Stevens, PharmD

## Diabetes Basics for Beginners Class

### **Date & Time:**

- Third Thursday of the month, 9:30am-10:30am, call 904-819-4794 for next date

**Course Description:** The class is an introduction to diabetes management for the newly diagnosed patient and family. It covers basic diabetes self management including: nutrition, medications, exercise, preventing/delaying complications and general support.

**Target Audience:** Newly diagnosed diabetics

**Cost:** There is no charge for this class

**Location:** Flagler Hospital Wellness Center, 120 Health Park Blvd., St. Augustine, Florida, 32086

**Registration:** Registration is not required

## Diabetes Education and Support Class

### **Date & Time:**

- First and third Tuesday of September through June, 9:30am-10:30am, call 904-819-4794 for next date

**Course Description:** The class is approximately one hour and covers basic diabetes self management. Topics include: nutrition, medications, exercise, preventing/delaying complications and general support.

**Target Audience:** People with diabetes

**Cost:** There is no charge for this class

**Location:** Flagler Hospital Wellness Center, 120 Health Park Blvd., St. Augustine, Florida, 32086

**Registration:** Registration is not required

## Better Breathers Pulmonary Class

### **Date & Time:**

- Second Monday of most months, 1:00-2:00pm

**Target Audience:** Pulmonary patients

**Course Description:** This class is open to any interested pulmonary patient. Lunch is provided and different presenters speak each month.

**Cost:** There is no charge for this class

**Location:** Flagler Hospital Wellness Center, 120 Health Park Blvd., St. Augustine, Florida, 32086

**Registration:** Call 904-819-4338 for more information or to register for the next class

## Life After Stroke

### Date & Time:

Second Tuesday of odd-numbered months at 1:00pm

- Jan 10: Overview of Medications for Stroke
- Mar 14: Rehabilitation and Mobility Concerns
- May 9: Caregiver
- July 11: Speech and Swallowing after Stroke
- Sept 12: Healthy Eating after Stroke
- Nov 14: Overview of Stroke: Preventing Recurrence & Risk Factor Control

**Course Description:** Flagler Hospital offers free classes for patients, spouses/caretakers, or those interested in learning how to prevent and/or manage stroke.

**Target Audience:** Patients/families/caregivers

**Cost:** There is no charge for these classes

**Location:** Flagler Hospital 8th Floor Classroom, 400 Health Park Blvd., St. Augustine, FL 32086

**Registration:** 904-819-4059

**Instructors:** Sharon Gill, RN, MSN; Heather Bushnell, MPT; Amy Michie, SLP; Carolyn Piazza, PharmD, BCPS; Victoria Harper, OTD; Ann Boddy, DPT; Michelle Meis, Dietitian

## Quit Smoking Now: Smoking Cessation

**Date & Time:** The group sessions take place once a week, for one hour, over a six-week period and times change according to patient requests.

**Course Description:** Quit Smoking Now is a free course developed by ex-smokers. The group sessions cover topics such as nicotine replacement therapy, stress reduction, relaxation techniques, and identifying smoking triggers. A toll-free Quit Line is available, and people may re-enter the program as many times as necessary. **Includes free nicotine replacement therapy!**

**Target Audience:** Smokers who want to become ex-smokers

**Cost:** There is no charge for these classes

**Location:** Flagler Hospital Wellness Center, 120 Health Park Blvd., St. Augustine, Florida, 32086

**Registration:** Call 904-482-0189 for more information or to register for the next class

## An Apple a Day Wellness Education Series

### - featuring Local Physicians

**Date & Time:** Third Tuesday of each month at 1:00pm

- Jan 17: Navigating Medicare & Insurance, Holly Luther, RN
- Feb 21: Obesity and Weight Management, Dr. Scott Michaels, Family Practice
- Mar 21: Eating to Control Blood Pressure, Michelle Meis, Dietitian
- Apr 18: Exercise is Good Medicine! Scott Hayford, MS

**Target Audience:** Anyone interested in learning how to best manage their health.

**Cost:** There is no charge for these classes

**Location:** Flagler Hospital 8th Floor Classroom, 400 Health Park Blvd., St. Augustine, FL 32086, \*\*Call to confirm location

**Registration:** Pre-registration required to ensure adequate seating, call 904-819-4059 or register online at [flaglerhospital.org](http://flaglerhospital.org).

## Kidney Class

### Date & Time:

- Second Tuesday of the month, 10:00am
- Third Tuesday of the month, 3:30pm

**Course Description:** Free classes for patients, spouses, caretakers or those interested in learning how to manage and/or prevent the advancement of kidney disease.

**Target Audience:** patients/families/caregivers

**Cost:** There is no charge for these classes

**Location:** Flagler Hospital 8th Floor Classroom, 400 Health Park Blvd., St. Augustine, FL 32086, \*\*Call to confirm location

**Registration:** 904-819-4059

**Instructors:** Alternately a registered nurse and dietitian



# Patient and Community Education

## Maternity Services Classes

### Childbirth Classes—Six Week Course

**Date & Time:** 6:00pm-8:00pm, Mondays or 5:30pm-7:30pm, Wednesdays

**Location:** Flagler Hospital

**Course Description:** This Childbirth Preparation Class helps expectant parents prepare for their new bundle of joy!

**Cost:** \$65

**For more information or to register, call Jan at 904-806-1658**

### Childbirth Refresher

**Date & Time:** Scheduled as needed

**Location:** Flagler Hospital

**Cost:** \$25

**For more information or to register, call Jan at 904-806-1658**

### Caregiver Class

**Date & Time:** First Wednesday of each month, 6:00pm-8:00pm

**Location:** Flagler Hospital Maternal Child Conference Room, 2nd floor, Main Hospital Building

**Course Description:** This class focuses on current changes in child safety and childcare practices for "today's baby" including infant CPR.

**Cost:** There is no cost for this class

**For more information or to register call 904-819-4356**

### Boot Camp for New Dads

**Date & Time:** Classes are held on select Saturdays. Contact 904-819-4356 for the next available date.

**Location:** Flagler Hospital

**Course Description:** In this nationally acclaimed program for expectant and new dads, "Veterans" (new fathers who bring their young babies) show "rookies" (fathers-to-be) the ropes of fatherhood. The three hour workshop uses a man-to-man approach and is an opportunity for new Dads to get insight from other men on the changes, challenges and joys that come with fatherhood. Topics include responsible fatherhood, Mom's changes, making time, newborn care, safety, your concerns, finances, parents and in-laws and community resources.

**Cost:** There is no cost for this class and you do not have to deliver at Flagler Hospital to attend

**For more information or to register call 904-819-4356**

### Breastfeeding Support Group

**Date & Time:** Second Thursday of each month, 11:00am-12:30pm, bring a lunch

**Location:** Flagler Hospital Wellness Center, 120 Health Park Blvd., St. Augustine, Florida, 32086

**Course Description:** This group welcomes breastfeeding mothers, their babies and pregnant women

**Cost:** There is no cost for this support group

**For more information or to register call 904-819-4061**

### Infant Weigh-in and Lactation Support

**Date & Time:** Every Wed, 9:00am – 12:00pm

**Location:** 4th Floor Nursery, Flagler Hospital, 400 Health Park Blvd, St Augustine FL 32086

**Description:** This free consult for parents of newborns provides an infant weight check and breastfeeding support. **To schedule your visit between 9:00am and noon on Wednesdays call: 904-819-4061**

### Prenatal Yoga Class

**Date & Time:** Every Monday, 6:30pm

**Location:** Flagler Hospital Wellness Center, 120 Health Park Blvd., St. Augustine, Florida, 32086

**Course Description:** Expectant mothers will learn breathing, relaxation and calming techniques that will help in delivery.

**Cost:** There is no cost for this class

**For more information or to register call 904-819-4356 or 904-438-8384**

### Sibling Class

**Date & Time:** Saturdays, 9:00am—10:00am

**Location:** Flagler Hospital

**Course Description:** This course is designed to prepare older brothers or sisters (ages two and up) for the arrival of a new baby. Having a new baby in the house can be a difficult time. Soon-to-be brothers and sisters react in many different ways. The sibling class talks a little about what babies do, how the older sibling can help their parents, how important they are to the family and more.

**Cost:** There is no cost for this class

**For more information or to register, call Jan at 904-806-1658**



## Cancer Education and Support Center

The Cancer Education and Support Center is designed to meet the needs of cancer patients, families and friends. In addition to the classes listed below, other classes are offered periodically throughout the year. Please contact the CESC to be added to the mailing list and receive the latest information on classes and events. All classes are free of charge and are held in the Flagler Hospital Cancer Education and Support Center, located on the first floor of the main hospital building: 400 Health Park Blvd., St. Augustine, Florida 32086.

## Cancer Related Support Groups

### Living with Cancer Support Group

**Date & Time:** Third Wednesday of each month, 11:30am

**Facilitators:** Jan Felixson, LCSW, and Lung Cancer Survivor and Pat Dunn, National Lung Cancer Alliance Partnership

**Location:** Cancer Education and Support Center

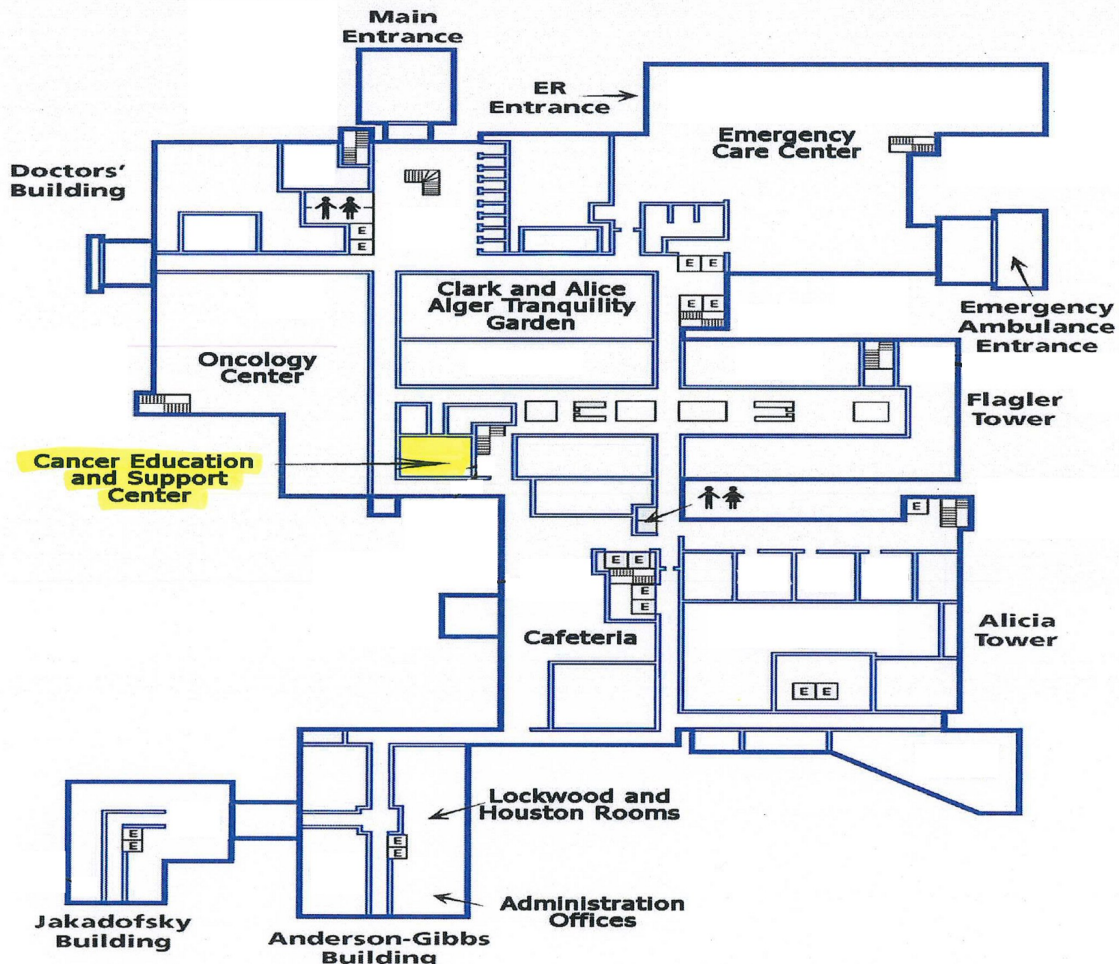
**Information:** This support group is an informal gathering for adults with any type of cancer and their family members and friends. It is open to all those affected by cancer. This group will provide the opportunity to meet others in similar situations to share your stories, provide practical suggestions, and support each other. Refreshments provided.

### Breast Cancer Support Group

**Date & Time:** First Tuesday of each month, 7:00pm

**Location:** Cancer Education and Support Center

**Information:** For More Information, visit <http://www.bcskofstaug.com/> or contact Charolette at 904-669-6201





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### Cancer Related Courses

#### Restorative Yoga: Gentle Stretching and Breathing Class for Cancer Patients

**Date & Time:** Weekly, Wednesdays, 1:00pm-2:30pm  
**Course Description:** This class is offered free of charge to cancer patients and survivors. Ease into this yoga session with very gentle stretching movements and breathing techniques. The practice of restorative yoga enables you to actively and fully relax as you enhance awareness of your body and breathing, improve your range of movement, focus on your alignment and calm your nervous system.

**Cost:** There is no cost for this class

**Instructor:** Sheri Wallace, Certified Yoga Instructor

*For more information or to register call 904-819-4693*

#### Look Good Feel Better

**Date & Time:**

Tuesday, February 7, 2017 at 10:30am

Tuesday, June 6, 2017 at 10:30am

Tuesday, September 5, 2017 at 10:30am

Tuesday, November 7, 2017 at 10:30am

**Course Description:** This class is offered free of charge to cancer patients. Female cancer patients learn beauty tips to look better and feel good about how they look during chemotherapy and radiation treatments.

**Registration:** Must RSVP to attend. Please call the American Cancer Society at 1-800-227-2345 or the Flagler Hospital CESC at (904) 819-4693 to RSVP.

#### Tai Chi

**Date & Time:** Thursday's from 10:30am—12:00pm

**Course Description:** This class is offered free of charge to cancer patients and survivors. Tai Chi is often referred to as "moving meditation." Participants move their bodies slowly, gently, and with awareness, while breathing deeply.

**Cost:** There is no cost for this class

**Instructor:** Joe Asconi

*For more information, call 904-819-4693*

#### Cancer Nutrition Education Series

**Date & Time:**

Tues, January 10, 2017, 3:00pm: Cancer Treatment & Diet

Tues, April 17, 2017, 3:00pm: The Cancer Survivor's Diet

Tues, July 11, 2017, 3:00pm:

What to Eat When I Don't Feel Like Eating

Tues, October 10, 2017, 3:00pm: Nutrition and Cancer

**Course Description:** Presented by registered dietitians, this quarterly education series focuses on different aspects of cancer nutrition.

*For more information, call 904-819-4693*

#### Adult Coloring

**Date & Time:** Bi-weekly on Tuesdays from 2:00-3:00pm

**Course Description:** No previous experience needed and supplies are provided.

For anyone who wants to let their creative side show. Coloring is a fun way to reduce stress and anxiety.

**Cost:** There is no cost for this class

*For more information, call 904-819-4693*

# Class Registration Form

(for Patient & Community Education classes,  
please refer to the class description for registration information)

## Participant Information

Full Name: \_\_\_\_\_  
Last First M.I.

Address: \_\_\_\_\_  
Street Address Apartment/Unit #

\_\_\_\_\_ City State ZIP Code

Phone: ( ) \_\_\_\_\_ Email: \_\_\_\_\_

Current Employer: \_\_\_\_\_

Professional License No: \_\_\_\_\_  RN  LPN  RT  Other \_\_\_\_\_

## Class Information

Class Title \_\_\_\_\_

Class Date and Time \_\_\_\_\_

If applicable: renewal date of card(s) \_\_\_\_\_  Copy of card(s) enclosed (required)

## Class Information

Class Title \_\_\_\_\_

Class Date and Time \_\_\_\_\_

If applicable: renewal date of card(s) \_\_\_\_\_  Copy of card(s) enclosed (required)

**Textbooks:** If you are in need of a textbook, please come by Flagler Life Institute Monday-Friday between the hours of 7:30am and 4:30pm. Please note that textbooks are required for all American Heart Association classes; books are available for Flagler Hospital employees to borrow once course fees are submitted.

**Cancellation Policy:** If you must cancel a class, please call at least 72 hours ahead of the class to receive a refund. Within 72 hours of the class, no refunds will be given, however, you may reschedule. Cancellations without notice will not be rescheduled, a new registration/payment will be necessary.

Please check method of payment:  Cash  Check  Money Order  Debit or Credit Card

Debit or Credit Card Number \_\_\_\_\_ Expiration Date (mm/yy) \_\_\_\_\_

I authorize Flagler Hospital to use the card above for the following payment: \_\_\_\_\_  
 Payment Amount \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*Mail this form with fee (payable to Flagler Hospital) to:*

Flagler Life Institute  
 Attn: Donna Monroe  
 400 Health Park Blvd.  
 St. Augustine, FL 32086

Donna.monroe@flaglerhospital.org  
 Phone: 904-819-4787  
 Fax: 904-808-1306