

## CANCER

### Breast Cancer Support Group

- ✓ Florida Hospital Fish Memorial  
Summit Building, Suite 213  
**Second Tuesday of every month (April 8, May 13 and June 10), 6 to 7:30 p.m.**  
Facilitated by Jan Ryan, RTRM, and Diana DePaolo, MSW. Please RSVP at least 24 hours before the meeting.  
Call **386-917-5853**.
- ✓ Florida Hospital Ormond Memorial  
Cancer Institute  
873 Sterthaus Ave., Suite 101  
**Third Thursday of every month (April 17, May 15 and June 19), 4:30 p.m.**  
Call Latanya Ruiz at **386-676-6490**.

### Cancer Support Group

- ✓ Florida Hospital Fish Memorial  
Summit Building, Suite 213  
**Fourth Tuesday of every month (April 22, May 27 and June 24), 6 to 7 p.m.**  
Facilitated by Diana DePaolo, MSW. Please RSVP at least 24 hours before the meeting.  
Call **386-917-5853**.
- ✓ Florida Hospital Ormond Memorial  
Cancer Institute  
873 Sterthaus Ave., Suite 101  
**Third Thursday of every month (April 17, May 15 and June 19), 4:30 p.m.**  
Call Latanya Ruiz at **386-676-6490**.

### Look Good...Feel Better

- ✓ Florida Hospital DeLand  
Classroom 1A  
**Third Monday of every other month, (May 19 and July 21), 6 p.m.**
- ✓ Florida Hospital Fish Memorial  
Summit Building, Suite 213  
**Monday, June 16, 5:30 p.m.**
- ✓ Florida Hospital Ormond Memorial  
**First Monday of every other month 6 to 8 p.m.**  
This American Cancer Society class teaches female cancer patients beauty techniques to help restore their appearance and self-image during chemotherapy and radiation treatments. Registration is required and must be made no later than 4 p.m. on the Thursday before each Monday session. Call the American Cancer Society at **800-227-2345** to register.

### Man to Man: Prostate Cancer Support Group

- ✓ Florida Hospital Fish Memorial  
Summit Building, Suite 213  
**Last Wednesday of every month (April 30, May 28 and June 25), 6 to 7:30 p.m.**  
Facilitated by Ivan Quevedo, RN, BS, MBA. Please RSVP at least 24 hours before the meeting. Call **386-917-5853**.
- ✓ Florida Hospital Ormond Memorial  
Cancer Institute  
873 Sterthaus Ave., Suite 101  
**Third Wednesday of every month (April 16, May 21 and June 18), 9 a.m.**  
Call Latanya Ruiz at **386-676-6490**.

## COMMUNITY EVENTS

### Blood Drive

- ✓ Florida Hospital DeLand  
Plymouth Avenue Entrance  
**Tuesday, May 6, 11:30 a.m. to 5:30 p.m.**  
Call **386-943-4748**.
- ✓ Florida Hospital Fish Memorial  
ER parking lot  
**Friday, June 27, 10 a.m. to 4 p.m.**  
Call Maybelline Ferguson at **386-917-5420**.

### Culinary Expo

- Sunday, May 4, 1 to 4 p.m.**  
Sample healthy fare, participate in cooking demonstrations, and learn more information about healthy diets and food preparation. Call **866-328-6417**.

## DIABETES

### Diabetes Education

- ✓ Florida Hospital DeLand  
Diabetes Education classes help patients with diabetes manage their disease. Diabetes Educator Joyce Parillo, RN, CDE, teaches classes along with a registered dietitian. Call **386-943-4727** for class times and to register.
- ✓ Florida Hospital Fish Memorial  
**Third Thursday of every month (April 17, May 15 and June 19), 10 a.m. to noon**  
Certified diabetes educator Glenna Raidt, RD, LD, will speak about nutrition, vitamins and much more. \$10. Call **386-917-5271**.

### Diabetes Support Group

- ✓ Florida Hospital DeLand  
Classroom 1A  
**First Wednesday of every month (April 2, May 7 and June 4), 9 a.m.**  
Call Joyce Parillo at **386-943-4727**.
- ✓ Florida Hospital Fish Memorial  
Summit Building, Room 213  
**Third Thursday of every month (April 17, May 15 and June 19), 9 to 10 a.m.**  
Call Joyce Parillo at **386-943-4727**.
- ✓ Florida Hospital Flagler  
Education Center  
**First Thursday of every month (April 3, May 1 and June 5), 9 to 10 a.m.**  
Call Joan Royal at **386-676-6488**.
- ✓ Florida Hospital Ormond Memorial  
Cafeteria Annex  
**Second Thursday of every month (April 10, May 8 and June 12), 9 to 10 a.m.**  
Call Joan Royal at **386-676-6488**.

## DISEASE/INJURY MANAGEMENT

### Aphasia Support Group

- ✓ Florida Hospital DeLand  
Classroom C  
**Third Wednesday of every month (April 16, May 21 and June 18), 3 p.m.**  
The Aphasia Support Group is designed for people who have difficulty with speech and communicating. Families are welcome. Call Cynthia Jenkins at **386-943-4692**.

### Brain Injury Support Group

- ✓ Florida Hospital DeLand  
Classroom 1A  
**Second Thursday of every month (April 10, May 8 and June 12), 6:30 to 8 p.m.**  
The Brain Injury Support Group is open to people with brain injuries, their families and friends. Call Tom Dockery at **386-532-9670** or Annie Thomas at **386-736-1054**.

# on health

## Community classes, screenings and events

 Go to [www.floridahospitalfive.org](http://www.floridahospitalfive.org) for a full calendar listing.

### Celiac Disease Support Group

✓ Florida Hospital DeLand  
Classroom 1A

**First Wednesday of every other month (April 2, June 4 and Aug. 6), 11 a.m. to noon**

This genetic digestive disease damages the small intestine and interferes with absorption of nutrients from food. The group is for sufferers and their families. Call Annie Melo at **386-943-4805** or e-mail [annie.melo@fhdeland.org](mailto:annie.melo@fhdeland.org).

### Epilepsy Support Group

✓ Florida Hospital Fish Memorial  
Summit Building, Room 211

**Second Saturday of every month (April 12, May 10 and June 14), 10 a.m. to noon**  
Call **386-274-0648**.

### Lupus Support Group

✓ Florida Hospital Flagler  
Education Center, Classroom A

**First Wednesday of every month (April 2, May 7 and June 4), 6:30 to 8:30 p.m.**  
Call Debbie Blackburn at **386-447-7365**.

### Multiple Sclerosis Support Group

✓ Florida Hospital Flagler  
Education Center

**Third Wednesday of every month (April 16, May 21 and June 18), 6:30 p.m.**  
Call Vicki DiMaria at **386-437-3185**.

### Parkinson's Support Group

✓ Florida Hospital Flagler  
Classrooms C and D

**First Sunday of every month, 3 p.m.**

### Stroke Support Group

✓ Florida Hospital Oceanside  
First Floor Conference Room

**Third Thursday of every month (April 17, May 15 and June 19), 3:30 p.m.**  
Call Carolyn Hovey at **386-676-6091** or Patty Luhta at **386-672-4161, ext. 3342**.

### Young at Heart Support Group

**First Thursday of every month, 1:30 p.m.**

✓ Florida Hospital Flagler  
Classrooms A and B

**April 3, June 5**

✓ Florida Hospital Ormond Memorial  
Classrooms A and B

**May 1, July 3**

Meetings alternate between Ormond Memorial and Flagler campuses. Call Lisa Wilkinson at **386-676-6018**.

## HEALTH EDUCATION

### Friends and Family CPR Class

✓ Florida Hospital DeLand

**Fridays, May 2, July 18**

This CPR training course is geared toward the general public. Reservations required; class size is limited. \$5. Call **386-943-4770**.

✓ Florida Hospital Ormond Memorial  
Call **386-676-6100**.

### Prepared Childbirth

✓ Florida Hospital Ormond Memorial  
Birthcare Center  
Call **386-671-6614**.

## MENTAL HEALTH/ LIFESTYLE

### Bereavement Support Group

(Looking Back, Moving Forward)

✓ Palm Coast: St. Thomas Episcopal Church  
**Tuesdays, 6 p.m.**

✓ Ormond Beach: Florida Hospital Ormond Memorial/Reflections Building, Hospice, third floor

**Thursdays, 10 a.m.**

People grieving over the loss of a loved one are invited to attend. Call Patrickia Acker at **386-671-4762** or **800-404-1133**.

### Grief Recovery

✓ Florida Hospital Fish Memorial

**Five-week sessions, four times a year**  
Call **386-917-5042**.

### Recovery, Inc.

✓ Florida Hospital DeLand  
Classroom 1A

**Wednesdays, 6:30 to 8:30 p.m.**

Facilitated by Angela Fazio.

Call **386-734-0268** or **407-660-2003**.

## SUBSTANCE ABUSE

### Smoking Cessation Program

✓ Florida Hospital Fish Memorial  
Wellness Center

**Six-week series begins Tuesday, June 3, 4 p.m.**

Facilitated by Laura Anne Roemmelt, MS.

Registration is required. \$40.

Call **386-917-5125**.

## WEIGHT MANAGEMENT

### Overeaters Anonymous

✓ Florida Hospital Fish Memorial  
Café Conference Room

**Mondays, 7 to 8 p.m.**

Call Dick Dawkins at **386-532-5568**.

✓ Florida Hospital Flagler  
Classrooms A and B

**Saturdays, 10 a.m.**

## WELLNESS CENTERS

Florida Hospital Wellness Centers are located throughout Volusia and Flagler counties. Call toll-free **866-328-6417** for more information.

## SCREENINGS

### Blood Pressure Screenings

✓ Florida Hospital Flagler  
Same-Day Surgery Entrance

**Wednesdays (June through August), 9 a.m. to 1 p.m.**

**Wednesdays (September through May), 8 a.m. to 4 p.m.**

### Glaucoma and Diabetes Screening

✓ Florida Hospital Flagler Education Center  
**Third Thursday of every month (April 17, May 15 and June 19), 8:30 to 10 a.m.**

Provided by the Florida Hospital Flagler Auxiliary and Palm Coast Lions Club.

### Monthly Lab Screening

✓ Florida Hospital DeLand Classroom A  
**Third Wednesday of every month (April 16, May 21 and June 18), 8 to 10 a.m.**

Call **386-943-4620**.

✓ Florida Hospital Fish Memorial  
Summit Building, Room 211

**Second Tuesday of every month**

**(April 8, May 13 and June 10), 7 to 9 a.m.**  
Call **386-917-5155**.