

Garden Park Medical Center

Community Classes and Support Groups

Childbirth Classes

Childbirth educator: Kathy Raskett 868-6921
Hospital contact: Scheduling 575-7151
All classes held at Garden Park Medical Center

Birthing Classes Six-Weeks Series

Mondays (see schedule for class dates)
7:00pm-9:00pm
Classroom 2

One-Day Birthing Class

Monthly on designated Saturdays
9:00am-2:00pm
Classroom 2

Breastfeeding Class

Monthly on designated Mondays
6:00pm-7:00pm
Monthly on designated Saturdays
2:00pm-3:00pm
Classroom 2

New Moms Newborn Care Class

Every other month on designated Saturdays
4:00pm-5:00pm
Classroom 2

Sibling Class

Every other month on designated Saturdays
4:00pm-5:00pm
Classroom 2

Hospital Sponsored Programs

Dementia Support Group

1st Tuesday of every month
12:30pm
Seasons Behavioral Health
575-7116

Diabetes Support Group

1st Thursday of every month
Noon—1:00pm
Betty Beets
575-7105

Seniors Program

4th Thursday of every month
2:00pm
Handsboro Community Center
Ada Reid, coordinator
Julie Bosley, contact, 575-7110

Community Support Groups

AARP Driving Class

As scheduled
Bill Williams, 432-7816

Better Breathers Support Group

2nd Thursday every month at area hospitals
1:30pm
Meets at Garden Park in March and September
Stephanie Jeffcoat, 575-7177

Gam-Anon

Every Wednesday
6:30pm—7:30pm
Classroom 2
Chip Peaks or Al Kirsch, 392-3240

La Leche League

2nd Thursday every month
10:00am—Noon
Classroom 2

Multiple Sclerosis

3rd Thursday
6:00pm-7:00pm
Classroom 2
Richard Valdez, 326-5050

Overeaters Anonymous

Every Tuesday and Thursday
6:00pm-7:00pm
Classroom 1
Margaret Peeler, 832-3489

Weight Loss Programs

Weight Watchers

Every Tuesday
5:30pm—7:00pm
Food Court
Melissa Nelson, 228-313-0405