

# 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-Week Series**

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

### **Breastfeeding Class**

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

### **New Moms Newborn Care Class**

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

### **Sibling Class**

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

### **Hospital Sponsored Programs**

Dementia Support Group  
1<sup>st</sup> Tuesday of every month  
12:30pm  
Seasons Behavioral Health  
575-7116

### **Diabetes Support Group**

1<sup>st</sup> Thursday of every month  
Noon-1:00pm  
Betty Beets 575-7105

### **Seniors Program**

4<sup>th</sup> Thursday of every month  
2:00pm  
Handsboro Community Center  
Ada Reid coordinator 575-7330

### **Hospital Sponsored Programs cont.**

#### **Generations Healthy Living Program**

3<sup>rd</sup> Thursday of every month  
8:00am  
Edgewater Mall Food Court 575-7110

#### **Better Breathers Support Group**

2<sup>nd</sup> Thursday every month at area  
hospitals 1:30pm  
Stephanie Seymour 575-7177

#### **Gam-Anon**

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

#### **La Leche League**

2<sup>nd</sup> Thursday of every month  
10:00am- noon  
Classroom 2  
Richard Valdez 326-5050

#### **Overeaters Anonymous**

Every Tuesday  
6:00pm  
Classroom 1  
Margaret Peeler 832-3489

#### **Dialogue with Your Doctor**

Every other 4<sup>th</sup> Tuesday  
Noon-1:00pm  
Classroom 2/3  
575-7330

#### **Grandparents Raising Grandchildren**

1<sup>st</sup> Wednesday of each month  
Classroom 2/3  
Contact Patti Sinopoli (228)864-6274