



Tallahassee Memorial's  
**Healthy Living** ~  
*for* **women**  
**EVENTS**

## *Seminar Series*

### **Adjustable Laparoscopic Banding Surgery, Laparoscopic Roux-en-Y Gastric Bypass Surgery & Gastric Sleeve**

*With Jeff Crooms, MD or Eliot Sieloff, MD*

**Tuesdays, January 3 and 17 • 6 p.m.**

**Tuesdays, February 7 and 21 • 6 p.m.**

**Tuesdays, March 6 and 20 • 6 p.m.**

*Tallahassee Memorial Hospital Auditorium, 1300 Miccosukee Rd.  
(Park in hospital's main parking deck.)*

**To register, call 431-5404.**

### **Sexual Health: It's time to kiss and tell!**

**Wednesday, January 25, 2012 • Noon - 1 p.m.**

*Andrea Friall, M.D. of North Florida Women's Care*

An educational discussion on sexual health for women of all ages!

During the presentation, she will discuss:

- The sexual response cycle in women
- How sex and your hormones change as you age
- When to see a healthcare provider
- Treatments that may help

There will be an opportunity for Q&A at the end of the presentation.

*A Woman's Place, 1301 East Sixth Avenue*

**Registration required by January 24 online at [www.tmh.org/events](http://www.tmh.org/events) or by phone 431-4915.**

**Bring your own lunch & beverage.**

### **Women's Health & Nutrition**

**Friday, February 24, 2012 • Noon - 1 p.m.**

*Christopher Sundstrom, M.D. of North Florida Women's Care*

Dr. Sundstrom's lecture will cover the basics of diet & exercise PLUS all the different forms of preventative health screening options to assure the overall wellbeing of women of all ages and stages of life.

*A Woman's Place, 1301 East Sixth Avenue*

**Registration required by February 23 online at [www.tmh.org/events](http://www.tmh.org/events) or by phone 431-4915.**

**Bring your own lunch & beverage.**

### **Abnormal & Heavy Menstrual Cycles**

**Friday, March 16, 2012 • Noon - 1 p.m.**

*David Dixon, D.O. of North Florida Women's Care*

Dr. Dixon will be discussing Abnormal Menstrual Bleeding: a review of the causes and a discussion of new minimally invasive therapies.

*A Woman's Place, 1301 East Sixth Avenue*

**Registration required by March 14 online at [www.tmh.org/events](http://www.tmh.org/events) or by phone 431-4915.**

**Bring your own lunch & beverage.**

## *On the Road*

with Healthy Living for Women

### **TMH Under The Big Top**

**Saturday, January 14, 2012 • 10 a.m. - 2 p.m.**

This unique health event will showcase health screenings, services and educational seminars for all ages.

*Goodwood Museum and Gardens  
1600 Miccosukee Road, Tallahassee*

## Healthy Living for *Families*

### **Big Brother/ Big Sister: Expecting Sibling Class**

**Saturday, January 21, 2012 • 9 - 10 a.m. OR**

**Saturday, March 10, 2012 • 9-10 a.m.**

This is a great class for siblings-to-be. Designed for ages 3-7, this class will teach a child what to expect when the new baby arrives and ways he/she can help Mom with the new baby. The children will watch a video, have a learning circle time with baby dolls, make a birthday card for the baby and receive a big brother or big sister tee-shirt, coloring book and class certificate. Parents will receive tip sheets and "Another Time Around" book.

### **Zumba**

**Every Tuesday & Thursday • 5:15 - 6:15 p.m.**

Zumba Instructor Dalicia Tim will guide us through the latest fitness craze. Zumba combines music, dance and fun to provide a great workout. Your class payment benefits the patients of A Woman's Place who can not afford their services.

*A Woman's Place 1301 East Sixth Avenue*

**For more information call 431-4915.**

**\$2.00 per class**

## **ONGOING CLASSES at a Woman's Place**

Childbirth Education Class

ABCs of Toddlers

Infant/Child CPR

Big Brother/Big Sister

Online Childbirth Education

Babysitter Training

Prenatal Breastfeeding

Breastfeeding Support Group

ABCs of Babies

For more information or to register for classes visit our website at [www.tmh.org/events](http://www.tmh.org/events) or call 850-431-4915.

## **Join Us Stay Up-to-Date with News and Events**



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**A Woman's Place Health/Medical**



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**@AWomansPlaceTMH**



To receive Healthy Living for Women calendars by e-mail contact: [AWomansPlace@tmh.org](mailto:AWomansPlace@tmh.org)



**Tallahassee Memorial**  
**A Woman's Place**

A Woman's Place, 1301 East Sixth Avenue  
**850.431.4928**