

Bayfront Health Port Charlotte and Punta Gorda September Events

CHARLOTTE COUNTY, FL (August 23, 2019) – The public is invited to attend and we welcome participation in the following September events and observances hosted by Bayfront Health Port Charlotte and Punta Gorda. To learn more, visit www.BayfrontHealthEvents.com.

Tuesday, September 3, 9:00 a.m. – Cardiac Diet Nutrition Class

Bayfront Health Wellness & Rehab Center, 733 E. Olympia Ave., Punta Gorda

Learn heart-healthy, low fat and low sodium food options. Free. Call 941-637-2450 to register.

Thursday, September 5, 5:00 p.m. – Attend a Seminar: What Do You Have To Lose?

Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte

If you're considering weight loss surgery, the best place to start is with the right information. That's why we offer free weight loss seminars as an opportunity to talk with the experts. Seminars are interactive and include members of our weight loss team. You are invited to bring a family member, friend, or other support person with you. Free. Register at www.BayfrontHealthEvents.com or call 941-766-4564 to schedule a free consultation.

Thursday, September 5, 6:00 p.m. – Bariatric Weight Loss Support Group

Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte

We encourage you and your family to gain support not only from our bariatric experts, but also from others going through similar experiences. Free. Register at www.BayfrontHealthEvents.com.

Tuesday, September 10, 10:00 a.m. – Pulmonary Diet Nutrition Class

Bayfront Health Wellness & Rehab Center, 733 E. Olympia Ave., Punta Gorda

Learn how eating habits can affect your breathing. Free. Call 941-637-2450 to register.

Tuesday, September 10, 15-minute Time Slots Available 4:00 p.m. – Personalized Balance Assessment

Bayfront Health North Port, 18679 Tamiami Trail, North Port (Cocoplum Village Shops)

Anyone can lose the ability to balance. Receive an individualized assessment and learn ways to improve balance. Free. Limited time slots available. Call 941-423-5030 to register

Tuesday, September 10, 6:00 p.m. – Breastfeeding Class

Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte

Taught by a Registered Nurse, this class will give expectant mothers important information to prepare for a successful breastfeeding experience. Free. Register at www.BayfrontHealthEvents.com.

Wednesday, September 11, 12:00 p.m. – Hip and Knee Pain? Ask Dr. Davis

Speaker: Mark Davis, M.D., Orthopedic Surgeon

Bayfront Health Punta Gorda Medical Office Plaza, 4th Floor Conf. Room, 713 E. Marion Ave., Punta Gorda

Have your questions answered one-on-one for all your hip and knee ailments. Free. Lunch provided. Register at www.BayfrontHealthEvents.com.

Wednesday, September 11, 6:00 p.m. – Bayfront Baby Place Tour

Bayfront Health Port Charlotte, Lobby, 2500 Harbor Blvd., Port Charlotte

Expecting? View the birthing suites, meet the staff and get questions answered in preparation for an exceptional experience. Free. Register at www.BayfrontHealthEvents.com.

Tuesday, September 17, 11:30 a.m. –Taking the Dive with Hyperbaric Oxygen Therapy

Speaker: Larry Bachle, D.O., Hyperbaric and Wound Care Medicine

Punta Gorda Isles Civic Association, 2001 Shreve St., Punta Gorda

Think of this as Hyperbarics 101. Learn how and when hyperbaric oxygen therapy began, how it works, what to expect during a therapy session, and what it is used to treat. Free. Lunch provided. RSVP required. Call 941-637-1655 to register.

Tuesday, September 17, 6:00 p.m. – Baby Care and Safety Class

Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte

This newborn class will teach you the basics of baby care and answer questions about how to keep your newborn safe. Attendance should be planned for the last trimester of pregnancy. Partners are encouraged to attend. (\$) or ask how you can take this course for free. Register at www.BayfrontHealthEvents.com.

Saturday, September 21, 9:00 a.m. – Bayfront Health Fall Symposium: Heart Health

Speakers: Sidney Peykar, M.D., FACC, Electrophysiologist; Luis Dibos, M.D., FACS, Cardiac Surgeon; and Farhan Majeed, MD, MHS, FACC, FSCAI, Interventional Cardiologist

Kingsway Country Club, 13625 SW Kingsway Circle, Port Charlotte

Taking care of ourselves is one of the most important things we can do to live a long, healthy life. And, the more we take care of our hearts, the more they will take care of us. So join us for a free physician-led discussion to learn more about how to maintain or improve your heart health. Free. Continental breakfast and lunch provided. RSVP required. Register at www.BayfrontHealthEvents.com.

Saturday, September 21, 11:00 a.m. – Bayfront Baby Place Tour

Bayfront Health Port Charlotte, Lobby, 2500 Harbor Blvd., Port Charlotte

Expecting? View the birthing suites, meet the staff and get questions answered in preparation for an exceptional experience. Free. Register at www.BayfrontHealthEvents.com.

Monday, September 23, 2:30 p.m. – Quit Your Way

Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte

Quitting tobacco isn't easy. Finding help should be. Bayfront Health and Tobacco Free Florida offer free tools and services to help you get started. Free. Call 866-534-7909 to register.

Tuesday, September 24, 1:15 p.m. – Emotions of the Heart: Stress Management Class

Bayfront Health Wellness & Rehab Center, 733 E. Olympia Ave., Punta Gorda

Everyone experiences stress from time to time; however, excessive stress can take a toll on your health. Learn techniques to recognize, manage, overcome and cope. Free. Call 941-637-2450 to register.

Thursday, September 26, 10:00 a.m. – Forever Bonds Breastfeeding Support Group

Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte

New moms—and moms-to-be—are invited to share and learn about breastfeeding. Free. Call 941-624-7214 to register.

Friday, September 27, 1:00 p.m. – Mended Hearts Support Group

Bayfront Health Port Charlotte, Conference Center, 2500 Harbor Blvd., Port Charlotte

Mended Hearts is a national and community-based non-profit organization that provides support to those diagnosed with heart disease. Chapter 405 is right here in Charlotte County! Its members draw on personal experience as they offer peer-to-peer support. If you are a heart survivor or family caregiver, we would like to invite you to our special educational and support session. Free. Call 941-766-4686 to learn more and reserve your seat.

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About Bayfront Health Port Charlotte and Punta Gorda

Bayfront Health Port Charlotte (opened 1962) and Punta Gorda (opened 1947) are both accredited hospitals by The Joint Commission and part of a regional network of seven hospitals along the I-75 corridor. The Port Charlotte campus consists of a 254-bed full-service facility offering comprehensive services in emergency care, comprehensive stroke center, and orthopedics. The Bayfront Baby Place is the only licensed obstetric and pediatric unit and Level II neonatal intensive care unit in Charlotte County, as well as the only facility in SWFL—and 1 of 4 in the state—to receive The Joint Commission Perinatal Care Certification. The Southwest Florida Heart Center offers all-private rooms and is an accredited chest pain center with PCI providing comprehensive cardiac services for more than 30 years. And the robotics program is the largest and longest running in the County offering surgical options for gynecology, general surgery, colorectal, urology and bariatric weight loss surgery, as well as total knee, total hip and partial knee replacement which is an exclusive in the area. The Punta Gorda campus offers all-private patient rooms, and consists of a 208-bed facility offering an accredited primary stroke center, The Joint Commission Certified Joint and Spine Center, an accredited chest pain center, and emergency care services. Additional on-campus services include outpatient and adult inpatient psychiatric care at Riverside Behavioral Center, an accredited Wound Care and Hyperbaric Medicine facility, and Wellness and Rehabilitation Center. To learn more, visit www.BayfrontCharlotte.com. Trust has a name – Bayfront Health.