

Baptist Health Care.

You'll Love the Way Baptist Cares for You

Health Education

Heart Smart Living Wellness Seminars

Presented by representatives from the Baptist Hospital Heart and Vascular Center

Join your Get Healthy Pensacola! and GoldenCare friends throughout the month of February to learn about the latest advances in heart and vascular care. Select a seminar close to you to get information that will improve your quality of living.

Baptist Hospital, Medical Meeting Rooms
Wed., Feb. 10, 11:30 a.m.

Baptist Medical Park – Navarre
2nd Floor Conference Room
Fri, Feb. 12, 9 a.m.

Jay Hospital, Royal Room
Wed., Feb. 17, 9 a.m.

Atmore Community Hospital
Mayson Auditorium
Wed., Feb. 24, 8:30 a.m.

Baptist Medical Park – Nine Mile
Azalea Room
Thurs., Feb. 25, 11:30 a.m.

Get Healthy Pensacola! and **GoldenCare** are community wellness programs offered by Baptist Health Care. For more information, please call (850) 469-2356.



Prevention

Celebrate National Heart Month with these Free Risk Screening Events

Heart Risk Screening and Town Hall Meeting Focusing on Preventive Medicine

Tues., Feb. 9, 6 to 7 p.m.
Pensacola Junior College, Amos Performance Center

Vascular Screening

Thurs., Feb. 11, 9 a.m. to 3 p.m.
Baptist Medical Park - Navarre

Heart Risk and Vascular Screening

Thurs., Feb. 25, 10 a.m. to 4 p.m.
Cordova Mall center court.

Heart risk screenings are free and open to the public. Vascular screenings are \$99 and require an appointment. **Call (850) 434-4080 to register for a vascular screening.**

Online Screenings

Take Our Free Online Risk Assessments
Visit
www.eBaptistHealthCare.org/HeartFirst

Find out what your risks are with these simple tests.

- Peripheral Vascular Disease (PVD) Screening
- Stroke Risk Screening
- Cardiac Calcium Scoring

Community Benefit

Baptist Health Care Offers Free Support Groups and Classes for You and Your Loved Ones

Cancer Support Group for Patients and Families – Find strength in numbers. A group of cancer patients and their families meets every Tuesday from 5:30 to 7 p.m. in the Baptist Medical Tower 3, Suite 233. For more details, call (850) 469-2224.

Orientation to Chemotherapy – Education and support are offered to individuals with cancer and their families and caregivers. Classes are held every Wednesday from 10 to 11:30 a.m. in Baptist Medical Tower 3, Suite 233. Call (850) 469-2224 for more information.

After Baby Comes 4Dads – This parenting class for new fathers is designed to enhance bonding and caregiving skills. Classes are held quarterly at Baptist Medical Park – Nine Mile, 9400 University Parkway. For a class schedule or for more information, call (850) 434-4567.

The Baptist Bariatric Center – Support is provided to gastric bypass or LapBand® surgery patients and those considering the surgery. The group meets the second Tuesday of each month from 6:30 to 8 p.m. in the Baptist Hospital Medical Meeting Rooms. For details call the Baptist Bariatric Center of Excellence at (850) 469-5810.



850.434.4080

www.eBaptistHealthCare.org

Baptist Hospital • Gulf Breeze Hospital • Jay Hospital
Atmore Community Hospital • Andrews Institute • Lakeview Center
Baptist Manor • Baptist LifeFlight • Baptist Medical Park - Nine Mile
Baptist Medical Park - Navarre • Baptist Medical Group