

# BAPTIST HEALTH CARE COMMUNITY WELLNESS EVENTS

# AUGUST

*"At Baptist Health Care, our Mission takes us beyond our hospital walls, deep into the communities we serve. This guiding principle focuses on improving community health through preventive care, education and support."*

— Al Stubblefield, President & CEO

## HEALTH EDUCATION

### Oh My Aching Back: Surgery or Not?

Mark A. Giovanini, M.D., neurosurgeon  
Join Dr. Giovanini for a discussion of the common causes of chronic and acute back pain, surgical and non-surgical options, and the benefits of minimally invasive spine surgery.

Andrews Institute Athletic Performance & Research Pavilion, Conference Room A and B  
Tues., Aug. 3, noon

Baptist Medical Park – Nine Mile, Azalea Room  
Thurs., Aug. 26, noon

### Urology 101: When to See a Urologist

M. Elizabeth Cruit, M.D., urologic surgeon  
Get information about the causes, symptoms and diagnosis of urinary tract infections and treatments.

Baptist Hospital, Medical Meeting Rooms  
Wed., Aug. 11, noon

### Foot and Ankle 101

Erik Nilssen, M.D., orthopaedic foot and ankle specialist  
Learn about common disorders and the latest treatment options.

Baptist Medical Park – Navarre  
2<sup>nd</sup> Floor Conference Room  
Fri., Aug. 13, 9 a.m.

### Sleepless in ...

Wayne Peacock, R.P.S.G.T., manager  
Sleep Disorders Center  
Gain insight into our ever changing sleep needs and consequences of a lack of sleep.

Jay Hospital, Royal Room  
Wed., Aug. 18, 9:30 a.m.

Atmore Community Hospital  
Mayson Auditorium  
Wed., Aug. 25, 9 a.m.

Get Healthy Pensacola! and GoldenCare are community wellness programs offered by Baptist Health Care. To register or for more information, please call 850.469.7897.

## DINNER WITH THE DOC

### Conception Countdown: Free Pregnancy Planning Seminar

Lisa Tucker, M.D., OB/GYN

This seminar will help you plan a healthy pregnancy from the start. Refreshments, door prizes and pregnancy education information provided. Please call 850.469.7897 to register.

Baptist Hospital, Medical Meeting Rooms  
Thurs., Aug. 19, 5:30 to 7 p.m.

### Solution for Acid Reflux Disease: Free Informational Seminar

Jonathan Lohrbach, M.D., general surgeon

Baptist Health Care now offers people of all ages relief from acid reflux. It's incisionless, simple and treats the cause, not the symptoms. Please call 850.469.7897 to register.

Andrews Institute Athletic Performance & Research Pavilion, Conference Rooms A & B  
Tues., Aug. 24, 5:30 dinner, 5:45 program

### A Woman's Guide to Urology: Free Informational Seminar

M. Elizabeth Cruit, M.D., urologic surgeon

Join Pensacola's only female urologist as she discusses urinary tract infections, kidney stones, incontinence and pelvic prolapse along with other urologic conditions. Please call 850.469.7897 to register.

Baptist Medical Park – Nine Mile  
Azalea Room  
Thurs., Sept. 2, 5:30 dinner, 5:45 program

## COMMUNITY BENEFIT

The 18<sup>th</sup> annual Baptist Health Care

# Family Expo

Saturday, Sept. 11, from 9 a.m. to 3 p.m.  
Pensacola Interstate Fairgrounds

Free health screenings, activities for the kids & live stage entertainment

Baptist Hospital's  
Trauma Roo



Visit [www.eBaptistHealthCare.org/FamilyExpo](http://www.eBaptistHealthCare.org/FamilyExpo) or call 850.469.2305.

## WEB RESOURCES

### Building a Better Baptist

Get information on our Campus Renovation & Expansion Projects by visiting

[www.eBaptistHealthCare.org/Construction](http://www.eBaptistHealthCare.org/Construction)

### Oil Spill Resource

Find information and resources to help you cope by visiting

[www.eBaptistHealthCare.org/OilSpill](http://www.eBaptistHealthCare.org/OilSpill)

# YOU'LL LOVE THE WAY BAPTIST CARES FOR YOU.