

BAPTIST HEALTH CARE COMMUNITY WELLNESS EVENTS

OCTOBER

"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

COMMUNITY BENEFIT

Avoid the Flu – Get a Flu Shot!

Each year about 20 percent of Americans get the flu, resulting in 36,000 deaths. The Centers for Disease Control and Prevention (CDC) recommends that people older than age 50 and those with chronic (long-term) health conditions receive a flu shot. Please join us at one of our convenient locations to receive your vaccination. The Trivalent seasonal flu vaccine includes the H1N1 vaccine. For your safety, be prepared to stay at least 20 minutes after receiving your flu vaccine.

Tues., Oct. 5, 11 a.m. - 1 p.m.
Andrews Institute Athletic
Performance & Research Pavilion
Conference Room B

Fri., Oct. 8, 8:30 - 10:30 a.m.
Baptist Medical Park - Navarre
2nd Floor Conference Room

Wed., Oct. 13, 11 a.m. - 1 p.m.
Baptist Hospital
Medical Meetings Rooms

Thurs., Oct. 14, 11 a.m. - 1 p.m.
Baptist Medical Park - Nine Mile
Azalea Room

Wed., Oct. 20, 8:30 - 10:30 a.m.
Jay Hospital
Royal Room

Wed., Oct. 27, 8:30 - 10:30 a.m.
Atmore Community Hospital
Mayson Auditorium

Flu shots are \$30 each and are payable by cash, check, American Express, Discover, MasterCard or Visa. Free for Medicare, Tricare, WellCare, Advantra Freedom, Humana Gold Choice and Universal Health Care cardholders with your card.

You must be 18 or older to receive the vaccination and your picture ID is required.

To register, please call 850.469.7897. Reservations are required.



HEALTH EDUCATION

Understanding Breast Cancer

Presented by Carletta M. Collins, M.D.
hematology-oncology, Baptist Medical Group

During National Breast Cancer Awareness Month join Dr. Collins as she explains breast cancer, the benefits of early detection, screenings and other useful information about breast cancer.

Mon., Oct. 4, noon
Baptist Hospital, Medical Meeting Rooms

To register, please call 850.469.7897.



BREAST CANCER AWARENESS MONTH

"Making Strides Against Breast Cancer"

Join BHC Saturday, Oct. 30, for the "Making Strides Against Breast Cancer" Mall-to-Mall Walk from University Mall to Cordova Mall, marking our sixth year as a corporate sponsor. Registration will begin at 7 a.m., a photo of breast cancer survivors will be taken at 7:50 a.m. and the walk will start at 8 a.m.

To pre-register visit makingstrides.acsevents.org/pensacola > Sign Up > Start a Team or Join a Team. If you have questions, please contact the online chairperson, Debbie Cook, at debmsabc@cox.net or 850.438.7913.



BHC encourages all women to make a commitment to good breast health. To learn more about our cancer services or to sign up for a mammogram e-reminder, visit BaptistCancerInstitute.org.

COMMUNITY BENEFIT

Baptist Health Care is Expanding to Meet Your Needs

Baptist Hospital is integrating a modern design and amenities while honoring our long-standing heritage as the community's hospital. An expansive two-story addition will welcome patients, families and visitors and provide easy access to family areas and the Baptist Bistro. On the second level, the surgical waiting area is nearby the new surgery department and offers a bright and open area for families to relax in comfortable surroundings. The modern design will extend to the Emergency Department, throughout hallway corridors and restrooms and continue outside to the campus grounds with new landscape, green space and parking.

Learn more about our Campus Renovation and Expansion Projects. Visit us at www.eBaptistHealthCare.org/Construction.

BUILDING A BETTER BAPTIST



YOU'LL LOVE THE WAY BAPTIST CARES FOR YOU.

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To learn more about Baptist Health Care's services, visit eBaptistHealthCare.org or call 877.469.7500 and press option 3.

