



BAPTIST HEALTH CARE COMMUNITY WELLNESS EVENTS

"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

16th Annual Baptist Health Care **HEALTHY LIVING EXPO**

Presented by GoldenCare. Sponsored in part by Council on Aging and WellCare.

Kick off the New Year with free health screenings and fun activities. The Healthy Living Expo will be offered at five locations throughout the area so you do not have to travel far to take the pulse of your health.

Wed., Jan. 5, 9 a.m. – Noon
Jay Hospital, Royal Room

Thurs., Jan. 20, 9 a.m. – 1 p.m.
Baptist Hospital, Medical Meeting Rooms and Medical Towers Lobby

Thurs., Jan. 27, 9 a.m. – 1 p.m.
Andrews Institute Athletic Performance & Research Pavilion Conference Rooms A, B & C

Wed., Jan. 12, 9 a.m. – 1 p.m.
Baptist Medical Park – Nine Mile Azalea Room and Lobby

Fri., Jan. 21, 9 a.m. – noon
Atmore Community Hospital, Mayson Auditorium

No reservations are required to attend the Healthy Living Expo. Bring a friend and enjoy a complimentary membership to GoldenCare and Get Healthy Pensacola! For more information, visit eBaptistHealthCare.org/HealthyLivingExpo or call Jackie Livingston at 850.469.2356.

Get Healthy Pensacola! is doing a membership drive in January. Visit us online at www.GetHealthyPensacola.com and supply us with your email address to get a free membership!



WEIGHT-LOSS

Meet the Doctor

This forum provides straightforward information for anyone interested in weight-loss surgery or other non-surgical treatment options for obesity, and the comprehensive Bariatric services offered at Baptist Hospital.

Tues., Jan. 25, 6:30 – 8 p.m.
Baptist Hospital, Medical Meeting Rooms

To register, call 877.469.7500 option 3.

WOMEN'S SERVICES

Free Women's Health Seminar

Presented by Tracey Thomas-Doyle, M.D., OB/GYN
Join Baptist Health Care to learn about common gynecological health conditions such as heavy periods, pelvic pain and pelvic support problems and the minimally invasive treatments available that improve overall quality of life.

Thurs., Jan. 27, 5:30 p.m. dinner; 6 p.m. program
Baptist Hospital, Medical Meeting Rooms

To RSVP, call 877.469.7500 option 3.

HEART & VASCULAR

Heart Risk Screening

Presented by Baptist Heart & Vascular Care

Join us in Navarre for this free screening event. Heart screenings save lives every year.

Sat., Jan. 29, 9 a.m. – noon
Navarre Chamber of Commerce Health Fair
Navarre High School, Navarre

NEUROSCIENCES

FREE Memory Screenings

Each Monday, from 8 a.m. – 4 p.m., the Baptist Memory Disorder Clinic will provide free memory screenings for anyone concerned about memory loss including Alzheimer's disease, vascular problems, Parkinson's disease, head trauma, and other neurological causes.

Each screening is approximately thirty minutes and you will learn about normal aging effects vs. abnormal aging effects on memory, as well as reversible causes of memory loss.

For more information, call the Baptist Memory Disorder Clinic at 850.208.6180.

BUILDING A BETTER BAPTIST

Find information on campus renovation and expansion projects along with parking updates by visiting us at www.eBaptistHealthCare.org/Construction.