



How We've Made A Difference

January 31, 2010

Healthy Living Expo

Baptist Health Care's 15th annual Healthy Living Expo was held throughout the month of January at various communities served by Baptist Health Care. These locations included Baptist Hospital, Baptist Medical Park Nine Mile Road, Atmore Community Hospital, Gulf Breeze Hospital Campus - Andrews Institute and Jay Hospital. The Healthy Living Expo allows Baptist Health Care to continue to improve the quality of life in our area and to promote healthcare services offered at our locations. Over six hundred seniors participated in free health screenings that included 204 heart risk assessments, 226 stroke risk assessments, 226 blood glucose screenings, 150 osteoporosis heel scans, non-fasting total cholesterol, blood pressure checks, balance assessments and 36 hearing screenings.

Other highlights of the day included free chair massages, yoga demonstrations, gardening workshops, live swing and jazz entertainment, vendors, seminars, free memberships to the GoldenCare senior wellness program and Get Healthy Pensacola! wellness program, door prizes and refreshments. More than 100 Baptist Health Care employees worked at this event to offer our rapidly growing senior population the opportunity to learn more about health and wellness.