



# SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

Times are stressful, but suicide is preventable. Don't ignore changes in behavior. People with suicidal intentions tend to isolate more, feel like they are a burden and may express that you'd be better off without them. Take it seriously.

## FOR HELP:

- Always call 911 in a suicide crisis
- Lakeview Center Mobile Response Team 866.517.7766
- Text GULF to 741741
- National Suicide Prevention Lifeline 800.273.8255
- Trevor Project Lifeline – Saving Young LGBTQ Lives 866.488.7386
- The Veterans Crisis Line 888.640.5443

# SEPTEMBER

## WELLNESS CLASSES

Register in advance for these online Zoom webinars at [eBaptistHealthCare.org/events](http://eBaptistHealthCare.org/events). Questions? Call 850.469.7897.

### FALL PRECAUTIONS

Thursday, Sept. 10, noon to 1 p.m.

Kendall Hoover, PA-C, Baptist Medical Group Convenient Care - Airport

### ATRIAL FIBRILLATION: CAUSES, MECHANISMS AND CLINICAL SIGNIFICANCE

Friday, Sept. 18, noon to 1 p.m.

Natalia Hernandez, M.D., Electrophysiologist, Baptist Heart & Vascular Institute

### KILLING PAIN WITHOUT PAINKILLERS

Wednesday, Sept. 30, noon to 1 p.m.

Brian Rosenberg, M.D., Interventional Pain Medicine Specialist, Andrews Institute



## RECEIVE CARE. *anywhere.*

BAPTIST TELEHEALTH

Schedule a telehealth appointment with primary care providers and specialists of Baptist Medical Group and Baptist Heart & Vascular Institute.

Visit [eBaptistHealthCare.org](http://eBaptistHealthCare.org) to follow the simple online directions or call your Baptist Health Care provider.

## SUPPORT GROUPS

### WEIGHT-LOSS SURGERY SUPPORT GROUP

Tuesday, Sept. 8, noon to 1 p.m.

Register in advance for this online meeting by calling 850.437.8746.

### PATIENT & FAMILY CANCER SUPPORT GROUP

Tuesday, Sept. 8, 4 to 5 p.m.

Register in advance for this online meeting by calling Cancer Support Services at 850.469.2224.

### PROSTATE CANCER SUPPORT GROUP

Thursday, Sept. 10, 5 to 6 p.m.

Register in advance for this online meeting by calling Cancer Support Services at 850.469.2224.

## SUPPORT GROUPS

### BABY CARE BASICS

Saturday, Sept. 26, 9 a.m. to 1 p.m.

\$20. To register for this online class, call 850.434.4567.

## Stepping Out in Style

– OFF RUNWAY –

## 44th Annual Fashion Show, Oct. 29

Presented by the Women's Board of Baptist Health Care Foundation  
6 p.m. Virtual Program, Silent Auction and Fashion Show [BaptistHealthCareFoundation.org](http://BaptistHealthCareFoundation.org)



## FAITH HEALTH NETWORK

## MEN'S HEALTH

Thursday, Sept. 17  
6 to 7:30 p.m.

Register in advance for this Zoom seminar at [ebaptisthealthcare.org/faithhealthnetwork](http://ebaptisthealthcare.org/faithhealthnetwork). Questions? Call 850.469.PRAY (7729).

## DON'T LET YOUR GUARD DOWN!

You can help prevent the spread of COVID-19 by:

- Washing your hands frequently for 20 seconds
- Using hand sanitizer if soap and water are not available
- Wearing a face covering
- Practicing social distancing by keeping 6 feet of space between you and others
- Avoiding group gatherings

Find more information at [eBaptistHealthCare.org](http://eBaptistHealthCare.org).

## URGENT CARE

## LABOR DAY HOURS OF CARE

### ▶ Baptist Urgent Care – Airport

5100 North 12<sup>th</sup> Ave., Suite 101, Pensacola, FL  
850.208.6130

*Open on Labor Day*

*Monday, Sept. 7, 7 a.m. to 7 p.m.*

### ▶ Baptist Urgent Care – Nine Mile

9400 University Parkway, Suite 101A, Pensacola, FL  
850.208.6130

*Open on Labor Day*

*Monday, Sept. 7, 7 a.m. to 3 p.m.*

[eBAPTISTHEALTHCARE.ORG](http://eBAPTISTHEALTHCARE.ORG)



# BAPTIST HEALTH CARE