



FOR IMMEDIATE RELEASE

Baptist Health Care Offers Online Wellness Education Seminars in June

PENSACOLA, Fla. (June 2, 2021) – Baptist Health Care is committed to improving the quality of life for the northwest Florida community it serves. The following free wellness education seminars will be offered in June. All seminars will be presented via Zoom video conferencing. Registration is required. To register, visit eBaptistHealthCare.org/events. For more information, call 850.469.7897.

De-Stress with Exercise for Posture
Wednesday, June 9, Noon to 1 p.m.
Debby Davis, Health Coach, Baptist Health Care

Living Well, Dying Well
Tuesday, June 29, Noon to 1 p.m.
Sally C. Kapuscziak, LCSW, ACHP-SW, Palliative Care Social Worker, Baptist Hospital

Staying Active as You Age
Wednesday, June 30, Noon to 1 p.m.
Ginger Bogan, ATC; and Candice Drake, ATC, Andrews Institute

The Faith Health Network Academy will present:

Financial Literacy
Thursday, June 17, 6 p.m.
Register in advance for this Zoom seminar at eBaptistHealthCare.org/events. For more information, call 850.469.PRAY (7729).

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CONTACT BELOW IS FOR MEDIA USE ONLY

For more information about this press release or to schedule an interview, please contact Kathy Bowers at 850.791.5254 or BHCMediaRelations@bhcpns.org.

About Baptist Health Care

Baptist Health Care is a community-owned, not-for-profit health care organization based in northwest Florida that is committed to helping people throughout life's journey. The organization is a proud member of the Mayo Clinic Care Network. A 2003 Malcolm Baldrige recipient, Baptist continuously strives to be a national leader in quality and service. Baptist Health Care includes three hospitals, four medical parks, Andrews Institute for Orthopaedic & Sports Medicine, Lakeview Center and a

large network of primary care and specialty physicians. With more than 7,300 employees and employed physicians, Baptist Health Care is the second largest non-governmental employer in northwest Florida.

Baptist Health Care • Baptist Hospital • Gulf Breeze Hospital • Jay Hospital • Lakeview Center • Baptist Medical Park – Nine Mile • Baptist Medical Park – Navarre • Baptist Medical Park – Pace • Baptist Medical Park – Airport • Andrews Institute • Baptist Medical Group • Baptist Heart & Vascular Institute • Cardiology Consultants • Baptist Health Care Foundation