



FOR IMMEDIATE RELEASE

## Baptist Health Care Offers Wellness Education Seminars in August

**PENSACOLA, Fla. (July 30, 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 August. All seminars will be presented via Zoom video conferencing. Registration is required. To register, visit [eBaptistHealthCare.org/events](https://eBaptistHealthCare.org/events). For more information, call 850.469.7897.

### **Supermarket Smarts and Label Reading**

Thursday, Aug. 12, noon to 1 p.m.

Jessica Gilkey, Registered Dietitian, LD/N, Baptist Health Care

### **Sports Cardiology: Not Just for Elite Athletes. Staying Active and Heart Healthy at All Ages**

Friday, Aug. 20, noon to 1 p.m.

Tony Lee, M.D., Cardiologist, Baptist Heart & Vascular Institute

### **7 Components of Mental Health**

Tuesday, Aug. 24, noon to 1 p.m.

Sweneda McDonald, LMHC, Adult Outpatient Clinical Manager, Lakeview Center

In addition, the Baptist stroke program will present a special cooking demonstration. This will be an in-person event. Space is limited, and registration is required at [bit.ly/whatscooking0821](https://bit.ly/whatscooking0821). A fee of \$5 will be charged.

### **What's Cooking with Baptist**

Thursday, Aug. 19, noon

Ever'man Cooperative Grocery & Café on Garden Street

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

#### *About Baptist Health Care*

*Baptist Health Care is a 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. 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 and a large network of primary care and specialty physicians. Baptist Health Care is one of the largest non-governmental employers in northwest Florida.*

*Baptist Health Care • Baptist Hospital • Gulf Breeze Hospital • Jay Hospital • Baptist Medical Parks Airport, Nine Mile,  
Navarre and Pace • Andrews Institute • Baptist Medical Group • Baptist Heart & Vascular Institute  
• Baptist Health Care Foundation • Mayo Clinic Care Network*