



FOR IMMEDIATE RELEASE

Baptist Health Care Celebrates Heart Month with Healthy Heart Online Wellness Education Seminars in February

PENSACOLA, Fla. (Feb. 1, 2022) – Baptist Health Care will offer the following wellness education seminars to promote heart health during February. All seminars will be presented via Zoom video conferencing. Attendance is free, but registration is required. To register, visit eBaptistHealthCare.org/events. For more information, call 850.469.7897.

Heart Health

Monday, Feb. 14, noon to 1 p.m.

Thabet Alsheikh, M.D., Electrophysiologist, Baptist Heart & Vascular Institute

Heart Health and the Lipid Clinic

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

David Miles, M.D., Cardiologist, Baptist Heart & Vascular Institute

Reducing Inflammation for Health, Healing and Longevity

Tuesday, Feb. 22, noon to 1 p.m.

Jessica Gilkey, Registered Dietitian, Baptist Health Care

In addition, the Faith Health Network will present the following online seminar. Visit eBaptistHealthCare.org/FaithHealthNetwork to register and call 850.469.PRAY (7720) with questions.

Healthy Hearts

Thursday, Feb. 17, 6 p.m.

Pelbreton C. Balfour Jr., M.D., M.S., FACC, Cardiologist, Baptist Heart & Vascular Institute

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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 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 Orthopaedics & 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*