



FOR IMMEDIATE RELEASE

## Baptist Health Care Offers Wellness Education Seminars in April

**PENSACOLA, Fla. (March 31, 2022)** – Baptist Health Care will offer the following wellness education seminars in April. Attendance is free, but registration is required. To register, visit [ebaptisthealthcare.org/events](http://ebaptisthealthcare.org/events). For more information, call 850.469.7897.

**Living Well: Preventative Care for a Healthier You**

Wednesday, April 13, noon to 1 p.m.

Kristy Nguyen, M.D., Primary Care Physician

Baptist Medical Group Family Medicine — Nine Mile

This event will be held online.

**Total Hip Arthroplasty**

Friday, April 22, noon to 1 p.m.

Wesley Mayes, M.D., Orthopaedic Surgeon

Andrews Institute for Orthopaedics & Sports Medicine

This event will be held in person at Andrews Institute Athletic Performance

& Research Pavilion, 1020 Gulf Breeze Parkway, Conference Room B in Gulf Breeze.

Baptist will also present a fun and informative cooking class with registered dietitians. Ever'man charges \$5 for the class, and participants receive an Ever'man coupon for \$5 off purchases of \$25 or more. Registration is required. Register at [ebaptisthealthcare.org/stroke/events](http://ebaptisthealthcare.org/stroke/events). For questions, call 850.469.2068.

**What's Cooking with Baptist**

Thursday, April 21

Noon to 2 p.m.

This event will be held in person at Ever'man Cooperative Grocery & Cafe, Learning Center, 315 West Garden St. in Pensacola.

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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](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 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*