



FOR IMMEDIATE RELEASE

Baptist Health Care Offers Wellness Education Seminars in August

PENSACOLA, Fla. (Aug. 2, 2022) – Baptist Health Care will offer the following wellness education seminars in August. Attendance is free, but registration is required. To register, visit ebaptisthealthcare.org/events. For more information, call 850.469.7897.

ADVANCE DIRECTIVES AND LIVING WILLS

Wednesday, Aug. 10, noon to 1 p.m. Light lunch served at 11:30 a.m.

Sally Kapusciak, LCSW, Baptist Health Care

Baptist Towers Medical Meeting Rooms, 1717 North E St., Avery Street Entrance

REDUCING INFLAMMATION FOR HEALTH, HEALING AND LONGEVITY

Friday, Aug. 26, noon to 1 p.m. Light lunch served at 11:30 a.m.

Jessica Gilkey, RD, LD/N, Baptist Health Care

Andrews Institute Athletic Performance & Research Pavilion, 1020 Gulf Breeze Parkway, Conference Room B

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. For questions, call 850.469.2068.

What's Cooking with Baptist

Thursday, Aug. 18, noon to 2 p.m.

Ever'man Cooperative Grocery & Cafe, Learning Center

315 West Garden St.

Faith Health Network will present a program on adult immunizations on Thursday, August 18, at 6 p.m. The meeting will be in the Baptist Towers Medical Meeting Rooms located at 1717 North E St., Avery Street Entrance. Register in advance at ebaptisthealthcare.org/faithhealthnetwork or call 850.469.PRAY (7729) with any questions.

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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*