



Caring for Your Heart Then, Now and Always



Wellness Education

Register in advance for these seminars at ebaptisthealthcare.org/events.
Questions? Call 448.227.4938.

Heart Health

Wednesday, Feb. 11, 11:30 a.m. lunch; noon to 1 p.m. seminar
Brent Videau, M.D., FACC, FASE, FASH, HF-Cert,
Baptist Heart & Vascular Institute
Bear Family Foundation Health Center, 125 Baptist Way

Heart Health

Thursday, Feb. 26, 11:30 a.m. lunch; noon to 1 p.m. seminar
Sumit Verma, M.D., FACC, FHRS, electrophysiology, Baptist Heart & Vascular Institute
Baptist Medical Park – Nine Mile, 9400 University Parkway, Azalea Room

Heart Health

Friday, Feb. 27, 11:30 a.m. lunch; noon to 1 p.m. seminar
Thabet Alsheikh, M.D., FHRS, FACC, electrophysiology,
Baptist Heart & Vascular Institute
Andrews Institute Athletic Performance & Research Pavilion,
1020 Gulf Breeze Parkway, Conference Room B

Support Groups

Breastfeeding Support

Wednesday, Feb. 4, English Group, 10 to 11 a.m. Spanish Group, 11 a.m.
to Noon. Register in advance at easyschedule.com or call 448.227.1511.

Weight-Loss Surgery Support

Tuesday, Feb. 10, noon to 1 p.m.
Register in advance by calling Weight-Loss Support at 448.227.6250.

Patient and Family Cancer Support

Tuesday, Feb. 10, 4 to 5 p.m.
Register in advance by calling Cancer Support Services at 448.227.6000.

Stroke Recovery

Tuesday, Feb. 10, noon to 1 p.m. at Baptist Medical Park – Navarre
Tuesday, Feb. 24, noon to 1 p.m. at Baptist Hospital
For more information, visit ebaptisthealthcare.org/stroke/events.

Prenatal Education

To register for any of these classes, visit easyschedule.com or call 448.227.1511. For more information, visit ebaptisthealthcare.org/birth/baptist-babies.

Baby Saver – Infant CPR

Saturday, Feb. 7, 10 a.m. to noon
\$30 per person or two for \$50

Baptist Birth Experience

Thursday, Feb. 19, 5:30 to 7:30 p.m.

No cost to attend

Baby Care Basics

Saturday, Feb. 21, 9 a.m. to 12:30 p.m.

\$20 per class

Breastfeeding

Tuesday, Feb. 24 and Thursday, Feb. 26, 6 to 9 p.m.

\$25 per series

Understanding Fatherhood

Wednesday, Feb. 25, 6:30 to 8 p.m.

No cost to attend

Clases de parto y posparto en español

Estas clases en español se programan previa solicitud.
Por favor llame al 448.227.1511. \$125



NOW OPEN

Baptist Medical Group Primary Care – Milton

[EasySchedule](#)

[EasySchedule.com](#)

Faith Health Network: Healthy Hearts



Thursday, Feb. 19, 6 p.m.

**Bear Family Foundation Health Center
125 Baptist Way, 2nd Floor Conference Center**

**Register in advance
by calling 448.227.PRAY(7729).**

February

events at Baptist Health Care

Blood Drives

We host blood drives throughout the year at our campuses.
Follow us on Facebook to find out when our next blood drive is. facebook.com/baptisthealthcare

Prostate Cancer Support

Thursday, Feb. 12, 5 to 6 p.m.
Register in advance by calling Cancer Support Services at 448.227.6000.

Breast Cancer Support

Tuesday, Feb. 17, 4 to 5 p.m.
Register in advance by calling Cancer Support Services at 448.227.6048.

Postpartum Support Group

These sessions are individually scheduled upon request. Please call 448.227.3840.