



**Caring for  
Your Heart**  
Then, Now  
and Always



**NOW OPEN**

**Baptist Medical Group Primary Care – Milton**

**EasySchedule**

**EasySchedule.com**

## Wellness Education

Register in advance for these seminars at [ebaptisthealthcare.org/events](http://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

## 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**

## 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](http://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](http://ebaptisthealthcare.org/stroke/events).

## Prenatal Education

To register for any of these classes, visit [easyschedule.com](http://easyschedule.com) or call 448.227.1511. For more information, visit

[ebaptisthealthcare.org/birth/baptist-babies](http://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

## 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](https://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.



[ebaptisthealthcare.org](http://ebaptisthealthcare.org)