

Strike Out Stroke

Support stroke awareness in our community. Join the Baptist Health Care stroke team at the Pensacola Blue Wahoos game on Saturday, Aug. 27.

Stop by our table on the deck to learn how to prevent stroke.

Saturday, Aug. 27, 6:05 p.m.

Pensacola Blue Wahoos Stadium



WELLNESS EDUCATION

Register in advance for these seminars at ebaptisthealthcare.org/events. Questions? 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, Registered Dietitian, Baptist Health Care
Andrews Institute Athletic Performance & Research Pavilion
1020 Gulf Breeze Parkway, Conference Room B

SUPPORT GROUPS

WEIGHT-LOSS SURGERY SUPPORT

Tuesday, Aug. 9, noon to 1 p.m.

Register in advance by calling Weight-Loss Support at 850.437.8746.

PATIENT AND FAMILY CANCER SUPPORT

Tuesday, Aug. 9, 4 to 5 p.m.

Register in advance by calling Cancer Support Services at 850.469.2224.

STROKE RECOVERY

Tuesday, Aug. 9, Noon

Register in advance at ebaptisthealthcare.org/stroke/events.

PROSTATE CANCER SUPPORT

Thursday, Aug. 11, 5 to 6 p.m.

Register in advance by calling Cancer Support Services at 850.469.2224.

PRENATAL EDUCATION

To register for any of these classes, visit EasySchedule.com or call 850.434.4567.

All classes are in person, but class size will be limited and safety measures, including masking and hand hygiene, will be in place.

BABY CARE BASICS

Saturday, Aug. 20

9 a.m. to 1 p.m.

\$20 per class

BREASTFEEDING CLASS

Tuesday, Aug. 23 and Thursday, Aug. 25

6 to 9 p.m.

\$20 per series

August is Breastfeeding Awareness Month

"Human milk has the best nutrients, calories and fluids your baby needs to be healthy. It is easy for your baby to digest and helps protect your baby from disease and infection."

— The American Academy of Pediatrics



TRANSFORMING BAPTIST for the FUTURE



Nearly all exterior work has been completed on the new Baptist Hospital campus!

Follow the progress on this transformational project at ebaptisthealthcare.org.

AUGUST



FAITH HEALTH NETWORK ADULT IMMUNIZATIONS

Aug. 18, 6 p.m.

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

Register in advance at ebaptisthealthcare.org/faithhealthnetwork.
For questions, call 850.469.PRAY (7729).

WHAT'S COOKING WITH BAPTIST

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

Ever'man Cooperative Grocery & Cafe
315 West Garden St.

Ever'man charges \$5 for the class, and participants receive an Ever'man coupon for \$5 off purchases of \$25 or more.

Register at ebaptisthealthcare.org/stroke/events.



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



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