

September is Prostate Cancer Awareness Month!

Prostate cancer is the most frequently diagnosed cancer in men. Men aged 65 and older are most at risk. Most prostate cancers are found early through screening, so talk to your provider today about a prostate cancer screening.



WELLNESS EDUCATION

Register in advance for these seminars at ebaptisthealthcare.org/events. Questions? Call 850.469.7897.

SUMMER SEASON AND NUTRITION

Wednesday, Sept. 7, noon to 1 p.m.

Jessica Gilkey, registered dietitian, Baptist Health Care. This seminar will be presented ONLINE via ZOOM.

MEDICATION SAFETY: WHAT'S IN YOUR MEDICINE CABINET

Thursday, Sept. 15, noon to 1 p.m. Light lunch served at 11:30 a.m.

Jayne Hoffmann, PharmD, medication safety pharmacist
Baptist Medical Park – Nine Mile, 9400 University Parkway, Azalea Room

MEDICATION SAFETY: WHAT'S IN YOUR MEDICINE CABINET

Tuesday, Sept. 20, noon to 1 p.m. Light lunch served at 11:30 a.m.

Hejab Khan, PharmD, and Dana Williams, PharmD.
Baptist Towers Medical Meeting Rooms, 1717 North E St., Avery Street Entrance

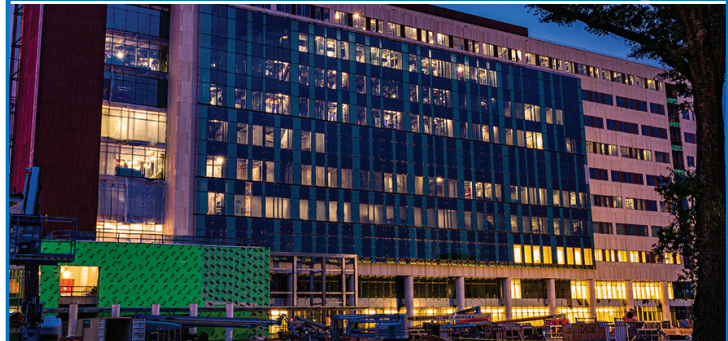
HEART HEALTH AND THE LIPID CLINIC

Friday, Sept. 23, noon to 1 p.m. Light lunch served at 11:30 a.m.

David Miles, M.D., cardiologist, and Whitney Cartwright, APRN, Baptist Heart & Vascular Institute

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

TRANSFORMING BAPTIST for the FUTURE



Our new campus is so cool!

Most of the work is complete on the 23,000-square-foot Central Energy Plant, and cool air is now flowing on several floors of the new Baptist Hospital. The 57-acre campus incorporates a variety of design considerations that increase energy efficiency.

Follow our journey at ebaptisthealthcare.org.

SUPPORT GROUPS

PROSTATE CANCER SUPPORT

Thursday, Sept. 8, 5 to 6 p.m.

Register in advance by calling Cancer Support Services at 850.469.2224.

WEIGHT-LOSS SURGERY SUPPORT

Tuesday, Sept. 13, noon to 1 p.m.

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

STROKE RECOVERY

Tuesday, Sept. 13, noon to 1 p.m.

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

PATIENT AND FAMILY CANCER SUPPORT

Tuesday, Sept. 13, 4 to 5 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.

BAPTIST BIRTH EXPERIENCE

**Friday, Sept. 16,
5:30 to 7:30 p.m.**
Free

SIBLING CLASS

**Wednesday, Sept. 21,
4 to 5:30 p.m.**
\$10 per child

PREPARED CHILDBIRTH

**Monday-Thursday, Sept.
12-15, 6 to 8:30 p.m.**
\$90 per series

Suicide Prevention Awareness Month

In September, special emphasis is given to spread hope and share vital information to people affected by suicide. Resources are available to discuss suicide prevention and to seek help. And they can be accessed by contacting the national Suicide and Crisis Lifeline.

The number 988 has been established to provide free, 24/7 access to anyone needing help in times of crisis.



SEPTEMBER



FAITH HEALTH NETWORK

STROKE AWARENESS

Thursday, Sept. 15, 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, Sept. 15, 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.

URGENT CARE LABOR DAY HOURS

Monday, Sept. 6

Baptist Urgent Care – Airport

5100 North 12th Ave., Suite 101, Pensacola, Fla. • 850.208.6130
Open 7 a.m. to 7 p.m.

Baptist Urgent Care – Nine Mile

9400 University Parkway, Suite 101A, Pensacola, Fla. • 850.208.6130
Open 7 a.m. to 3 p.m.

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



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