



Wishing you happy, healthy holidays!

Give yourself the ultimate gift—prioritize your health. Schedule your annual screenings today with EasySchedule!

EasySchedule

EasySchedule.com

Wellness Education

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

Primary Care vs. Urgent Care vs. Emergency: What You Should Know

Thursday, Dec. 4, 11:30 a.m. lunch; noon to 1 p.m. seminar

Emily Purvis, population health program manager, Baptist Health Care Baptist Medical Park – Nine Mile, 9400 University Parkway, Azalea Room

Arthritis: Diagnosis and Treatment

Thursday, Dec. 11, 11:30 a.m. lunch; noon to 1 p.m. seminar

Geoffrey Hancy, M.D., orthopaedic surgeon, Andrews Institute for Orthopaedics & Sports Medicine

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

Hypertension: Screening and Prevention

Friday, Dec. 12, 11:30 a.m. lunch; noon to 1 p.m. seminar

Katelin Uhrich, MSN, FNP-C, family medicine, Baptist Medical Group

Primary Care – Live Oak

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

Support Groups

Weight-Loss Surgery Support

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

Register in advance by calling Weight-Loss Support at 448.227.6250.

Patient and Family Cancer Support

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

Register in advance by calling Cancer Support Services at 448.227.6000.

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.

Sibling Class

Wednesday, Dec. 10, 4 to 5:30 p.m.

\$10 per child

Baby Saver – Infant CPR

Saturday, Dec. 13, 10 a.m. to noon

\$30 per person or two for \$50

Breastfeeding

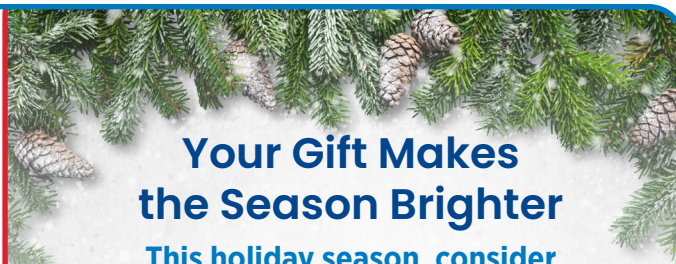
Tuesday, Dec. 16, 6 to 9 p.m.

\$25 per series

Clases de parto y posparto en español

Estas clases en español se programan previa solicitud.

Por favor llame 448.227.1511. \$125



Your Gift Makes the Season Brighter

This holiday season, consider joining us in our legacy.

Baptist Health Care Foundation proudly celebrates **50 years** of service to Baptist Health Care. Our legacy is deeply rooted in the spirit of generosity from our community.

Every donation plays a vital role in elevating compassionate care, expanding services, improving technology and strengthening our Mission of helping people throughout life's journey.

Make a donation at baptisthealthcarefoundation.org/give, scan the QR code or call 448.227.8150.



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December

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



oneblood
Share your power.

Prostate Cancer Support

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

Register in advance by calling Cancer Support Services at 448.227.6000.

Breast Cancer Support

Tuesday, Dec. 16, 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