

April 15-21 is National Head and Neck Cancer Awareness Week.

Are you at risk?

Talk to your provider about getting screened.

ebaptisthealthcare.org/cancer



Wellness Education

Register in advance for these seminars at ebaptisthealthcare.org/events.
Questions? Call 850.908.7897.

What You Need to Know About Your Annual Wellness Visit

Wednesday, April 17, 11:30 a.m. lunch; noon to 1 p.m. seminar

Emily Purvis, population health program manager, Baptist Health Care
Bear Family Foundation Health Center
125 Baptist Way, 2nd Floor Conference Room

Non-Surgical Treatment of Neck and Back Pain

Friday, April 26, 11:30 a.m. lunch; noon to 1 p.m. seminar

Zachariah Weilenman, M.D., interventional physical medicine & rehabilitation,
Andrews Institute for Orthopaedics & Sports Medicine
Andrews Institute Athletic Performance & Research Pavilion
1020 Gulf Breeze Parkway, Conference Room B

April

events at Baptist Health Care

Support Groups

Weight-Loss Surgery Support

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

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

Stroke Recovery

Tuesday, April 9, noon to 1 p.m. at Baptist Medical Park - Navarre

Tuesday, April 23, noon to 1 p.m. at Baptist Hospital

For more information, visit ebaptisthealthcare.org/stroke/events.

Patient and Family Cancer Support

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

Register in advance by calling Cancer Support Services at 448.227.6000.

Prostate Cancer Support

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

Register in advance by calling Cancer Support Services at 448.227.6000.

Faith Health Network: Food Safety



Thursday, April 18 at 6 p.m.

Bear Family Foundation Health Center,
2nd floor conference room

Register in advance by emailing
jasimine.posey@bhcpns.org.

Breast Cancer Support Group

Tuesday, April 16, 4 to 5 p.m.

Bear Family Foundation Health Center, Suite 1C
For more information, call 448.227.6048.

Diabetes Management Support Group

Thursday, April 25, 5 to 6 p.m.

For more information, contact the Pharmacotherapy Clinic at
448.227.6221 or email pharmacotherapy@bhcpns.org.

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 like hand hygiene will be in place.

Baby CPR Class

April 12, 6 to 8 p.m.

\$30 per person

Breastfeeding Class

April 23 and 25, 6 to 9 p.m.

\$25 per series

Postpartum Support Group

April 16, 4 to 5 p.m., April 24, 11 a.m. to noon

Free

Understanding Your Hormones

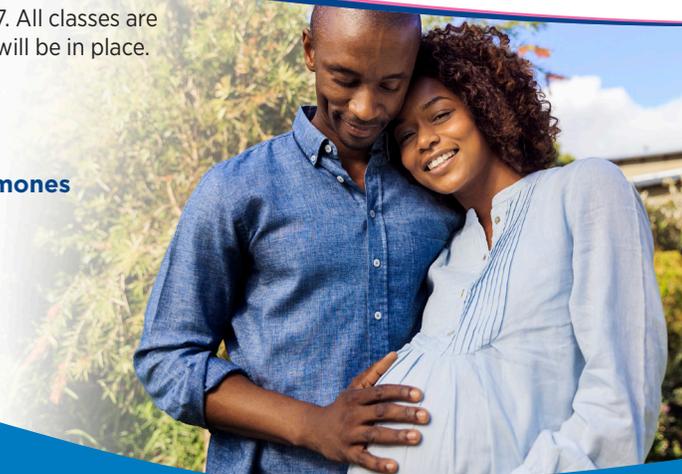
April 29, 6 to 7 p.m.

Free

Baby Care Basics

April 20, 9 a.m. to 1 p.m.

\$20 per class



ebaptisthealthcare.org