



May is Mental Health Awareness Month

You are worthy of happiness and peace of mind.
Prioritize your mental health.

- In times of crisis, call 988 to speak with a Lifeline counselor 24/7/365.
- For community resources and services, call 211.

Wellness Education

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

Stroke Awareness

Wednesday, May 21, 11:30 a.m. lunch; noon to 1 p.m. seminar
Amanda Caballero, MSN, RN-BC, stroke coordinator
Bear Family Foundation Health Center
125 Baptist Way, 2nd Floor Conference Room

Health and Wellness After Hip and Knee Joint Replacement Surgery

Friday, May 23, 11:30 a.m. lunch; noon to 1 p.m. seminar
G. Daxton Steele, M.D., orthopaedic surgeon,
Andrews Institute for Orthopaedics & Sports Medicine
Andrews Institute Athletic Performance & Research Pavilion
1020 Gulf Breeze Parkway, Conference Room B

Support Groups

Prostate Cancer Support

Thursday, May 8, 5 to 6 p.m.
Register in advance by calling Cancer Support Services at 448.227.6000.

Weight-Loss Surgery Support

Tuesday, May 13, noon to 1 p.m.
Register in advance by calling Weight-Loss Support at 448.227.6250.

Stroke Recovery

Tuesday, May 13, noon to 1 p.m. at Baptist Medical Park – Navarre
Tuesday, May 27, noon to 1 p.m. at Baptist Hospital
For more information, visit ebaptisthealthcare.org/stroke/events.

Patient and Family Cancer Support

Tuesday, May 13, 4 to 5 p.m.
Register in advance by calling Cancer Support Services at 448.227.6000.

Breast Cancer Support Group

Tuesday, May 20, 4 to 5 p.m.
Bear Family Foundation Health Center, Suite 1C
For more information, call 448.227.6048.

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.

Baptist Birth Experience

May 1, 5:30 to 8 p.m.
Free

Sibling Class

May 7, 4 to 5:30 p.m.
\$10 per child

Prepared Childbirth

May 12-15, 6 to 9 p.m.
\$90 per series

Grandparenting 101

May 21, 1 to 3 p.m.
\$15 per person

Clases de parto y posparto en español

Estas clases en español se programan previa solicitud. Por favor llame 448.227.1511.
\$125

May

events at Baptist Health Care

Blood Drives

We host blood drives throughout the year at our campuses.

Follow us on Facebook for dates and times.
Facebook.com/BaptistHealthCare



Faith Health Network: BEFAST: Stroke Education and Awareness



Thursday, May 15, 6 p.m.

Guest Speaker: Amanda Caballero MSN, RN-BC

Baptist Health Care Stroke Coordinator
125 Baptist Way, Bear Family Foundation Conference Center
Register in advance by calling 448.227.PRAY(7729).

Urgent Care Memorial Day Hours Regular hours for all locations.

Diabetes Management Class

Thursday, May 22, 5 to 6 p.m.
For more information, contact the Pharmacotherapy Clinic at 448.227.6221 or email pharmacotherapy@bhcpns.org.

Postpartum Support Group

These sessions are individually scheduled upon request. Please call 448.227.3840.



ebaptisthealthcare.org