

# 45 IS THE NEW 50

When it comes to your health.

March Is National Colorectal Cancer Awareness Month

Over 45? Family History of Cancer?

## GET SCREENED!

[ebaptisthealthcare.org/cancer](http://ebaptisthealthcare.org/cancer)

### Wellness Education

Register in advance for these seminars at [ebaptisthealthcare.org/events](http://ebaptisthealthcare.org/events). Questions? Call 850.908.7897.

#### Stress-Induced Cardiomyopathy

**Monday, March 11, 11:30 a.m. lunch; noon to 1 p.m. seminar**  
Toinetta Coolie, APRN, FNP-BC, Baptist Heart & Vascular Institute  
Bear Family Foundation Health Center  
125 Baptist Way, 2nd Floor Conference Room

#### Getting More From the Foods You Eat: Nutrition 101

**Thursday, March 21, 11:30 a.m. lunch; noon to 1 p.m. seminar**  
Sarimin Rivera, dietitian/diabetes educator,  
Baptist Medical Group – Endocrinology  
Baptist Medical Park – Nine Mile  
9400 University Parkway, Azalea Room

## March

*events at Baptist Health Care*

#### Colon Cancer Awareness

**Friday, March 22, 11:30 a.m. lunch; noon to 1 p.m. seminar**  
Diana Curras Martin, M.D., internal medicine, Baptist Medical Group – Gastroenterology  
Andrews Institute Athletic Performance & Research Pavilion  
1020 Gulf Breeze Parkway, Conference Room B

### Support Groups

#### Weight-Loss Surgery Support

**Tuesday, March 12, noon to 1 p.m.**  
Register in advance by calling Weight-Loss Support at 448.227.6250.

#### Patient and Family Cancer Support

**Tuesday, March 12, 4 to 5 p.m.**  
Register in advance by calling Cancer Support Services at 448.227.6000.

#### Stroke Recovery

**Tuesday, March 12, noon to 1 p.m. at Baptist Medical Park – Navarre**  
**Tuesday, March 26, noon to 1 p.m. at Baptist Hospital**  
For more information, visit [ebaptisthealthcare.org/stroke/events](http://ebaptisthealthcare.org/stroke/events).

#### Prostate Cancer Support

**Thursday, March 14, 5 to 6 p.m.**  
Register in advance by calling Cancer Support Services at 448.227.6000.

#### Diabetes Management Support Group

**Thursday, March 28, 5 to 6 p.m.**  
For more information, contact the Pharmacotherapy Clinic at 448.227.6221 or email [pharmacotherapy@bhcpns.org](mailto:pharmacotherapy@bhcpns.org)

### Nine Mile ER/Urgent Care Now Open!

Baptist Emergency Room & Urgent Care – Nine Mile is now open and providing emergency and urgent care services under one roof.

**Emergency room care is available**

**24 hours a day, 7 days a week, and urgent care is available from 7 a.m. to 8 p.m. daily.**

Learn more at [ebaptisthealthcare.org](http://ebaptisthealthcare.org).

### Faith Health Network: Food Safety

**Thursday, March 14 at 6 p.m.**

Guest Speaker: Skye Owens Beech, M.S., RDN, LDN, Public Health Nutritionist Supervisor Florida, Department of Health in Escambia County Communications, Health Education, Nutrition, & Public Health Preparedness Division

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

Register in advance by emailing [jasimine.posey@bhcpns.org](mailto:jasimine.posey@bhcpns.org).

### Prenatal Education

To register for any of these classes, visit [easyschedule.com](http://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.

#### Understanding Your Hormones

**March 2, 10 to 11:30 a.m.**  
Free

#### Prepared Childbirth

**March 4-7, 6 to 9 p.m.**

\$90 per series

#### Sibling Class

**March 13, 4 to 5:30 p.m.**

\$10 per child

#### Baptist Birth Experience

**March 15, 5:30 to 8 p.m.**

Free

#### Postpartum Depression Support Group

**March 19, 4 to 5 p.m.**

Free

#### Grandparenting

**March 20, 1 to 3 p.m.**

\$15 per person



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