

Taking
care
of YOU

TAKE

5
Take 5 minutes
for yourself when
you need it.

May is Mental Health Awareness Month

Baptist Health Care is raising awareness about mental health and encouraging the community to show support for each other. Learn more about this initiative at mentalhealthtaskforce.org. This could be taking a walk, stepping away from your computer, listening to your favorite song, or simply taking slow, deep breaths – whatever lightens your mood.



Wellness Education

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

Advance Directives and Living Wills

Thursday, May 16, 11:30 a.m. lunch; noon to 1 p.m. seminar

Sally Kapusciak, LCSW, Baptist Health Care
Baptist Medical Park – Nine Mile, 9400 University Parkway, Azalea Room

Is Sitting the New Smoking?

Thursday, May 23, 11:30 a.m. lunch; noon to 1 p.m. seminar

Thomas Greiner, M.D., physical medicine and rehabilitation
Andrews Institute for Orthopaedics & Sports Medicine
Bear Family Foundation Health Center, 125 Baptist Way, 2nd Floor Conference Room

Advance Directives and Living Wills

Friday, May 24, 11:30 a.m. lunch; noon to 1 p.m. seminar

Sally Kapusciak, LCSW, Baptist Health Care
Andrews Institute Athletic Performance & Research Pavilion,
1020 Gulf Breeze Parkway, Conference Room B

Support Groups

Prostate Cancer Support

Thursday, May 9, 5 to 6 p.m.

Register in advance by calling Cancer Support Services at 448.227.6000.

Weight-Loss Surgery Support

Tuesday, May 14, noon to 1 p.m.

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

Stroke Recovery

Tuesday, May 14, noon to 1 p.m. at Baptist Medical Park – Navarre

Tuesday, May 28, noon to 1 p.m. at Baptist Hospital

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

Patient and Family Cancer Support

Tuesday, May 14, 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 850.434.4567.

All classes are in person, but class size will be limited, and safety measures like hand hygiene will be in place.

Prepared Childbirth

May 6-9, 6 to 9 p.m.

\$90 per series

Baptist Birth Experience

May 10, 5:30 to 8 p.m.

Free

Sibling Class

May 15, 4 to 5:30 p.m.

\$10 per child

Grandparenting

May 29, 1 to 3 p.m.

\$15 per person

May

events at Baptist Health Care

Faith Health Network: Stroke Awareness

Thursday, May 16 at 6 p.m.

Bear Family Foundation Health Center,
2nd floor conference room

Register in advance
by calling 448.227.7729



Postpartum Depression Support Group

May 14, 4 to 5 p.m., May 22, 11 a.m. to noon

To register, visit easyschedule.com or call 850.434.4567.

Breast Cancer Support Group

Tuesday, May 21, 4 to 5 p.m.

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

Diabetes Management Support Group

Thursday, May 23, 5 to 6 p.m.

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



ebaptisthealthcare.org

