

Taking care of YOU

TAKE

Take 5 minutes
for yourself when
you need it.

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 CLASSES

Register in advance for these seminars at ebaptisthealthcare.org/events or call 850.469.7897.

MEDICATION-FREE PAIN MANAGEMENT TREATMENT

Thursday, May 19, noon to 1 p.m. Light lunch served at 11:30 a.m.

Ryan Hine, Rehabilitation Manager, Andrews Institute for Orthopaedics & Sports Medicine
Baptist Medical Park — Nine Mile, 9400 University Parkway, Azalea Room

MANAGING DIABETES AND WEIGHT LOSS

Tuesday, May 24, noon to 1 p.m. Light lunch served at 11:30 a.m.

Patrick Gatmaitan, M.D., FACS, Bariatric Surgeon
**This provider is an independent member of the medical staff at Baptist Hospital, Inc. and is not an employee or agent of Baptist Health Care.*
Baptist Towers Medical Meeting Rooms, 1717 North E St., Avery Street Entrance

EXERCISE AND FALL PREVENTION

Friday, May 27, noon to 1 p.m. Light lunch served at 11:30 a.m.

Matt McGraw, Regional Sports Medical Liaison, Andrews Institute for Orthopaedics & Sports Medicine
Andrews Institute Athletic Performance & Research Pavilion,
1020 Gulf Breeze Parkway, Conference Room B

SUPPORT GROUPS

STROKE RECOVERY

Tuesday, May 10, noon

Register in advance at ebaptisthealthcare.org/stroke/events.

WEIGHT-LOSS SURGERY SUPPORT

Tuesday, May 10, noon to 1 p.m.

Register in advance by calling Weight-Loss Support at 850.437.8746.

PATIENT AND FAMILY CANCER SUPPORT

Tuesday, May 10, 4 to 5 p.m.

Register in advance by calling Cancer Support Services at 850.469.2224.

PROSTATE CANCER SUPPORT

Thursday, May 12, 5 to 6 p.m.

Register in advance by calling Cancer Support Services at 850.469.2224.

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 including masking and hand hygiene will be in place.

PREPARED CHILDBIRTH

Monday-Thursday, May 9-12
6 to 8:30 p.m., \$90 per series

SIBLING CLASS

Wednesday, May 11, 4 to 5:30 p.m.
\$10 per child

BAPTIST BIRTH EXPERIENCE

Friday, May 20, 5:30 to 7:30 p.m., free

May is Mental Health Awareness Month

Baptist Health Care is helping to raise awareness about mental health and encouraging the community to show support for each other. Learn more about this important initiative at mentalhealthtaskforce.org.



TRANSFORMING
BAPTIST for the FUTURE



Our new campus is growing every day!

Visit ebaptisthealthcare.org to learn more about this transformational project.

MAY



FAITH HEALTH NETWORK

MENTAL HEALTH

Thursday, May 19, 6 p.m.

Register in advance at

ebaptisthealthcare.org/faithhealthnetwork.

Questions? Call 850.469.PRAY(7729).

WHAT'S COOKING WITH BAPTIST

Thursday, May 19, noon

315 West Garden St.

Ever'man Cooperative Grocery & Cafe

Ever'man charges \$5 for the class, and participants receive an Ever'man coupon for \$5 off purchases of \$25 or more.

Register at ebaptisthealthcare.org/stroke/events.



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



BAPTIST
HEALTH CARE