



Baptist Wishes You A Happy, Healthy New Year!

We welcome 2024 with warm wishes for a year of good health, ample blessings and a kinder, safer world!

January events at Baptist Health Care

Wellness Education

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

Non-surgical Treatments in Orthopaedics and Sports Medicine

Wednesday, Jan. 10, 11:30 a.m. lunch; noon to 1 p.m. seminar

Nicholas Goyeneche, non-surgical sports medicine, Andrews Institute for Orthopaedics & Sports Medicine
Bear Family Foundation Health Center, 125 Baptist Way, 2nd Floor Conference Room

Signs, Symptoms and Treatment of Shoulder Pain

Thursday, Jan. 18, 11:30 a.m. lunch; noon to 1 p.m. seminar

Allen Degges, M.D., physical medicine and rehabilitation, Andrews Institute for Orthopaedics & Sports Medicine
Baptist Medical Park — Nine Mile, 9400 University Parkway, Azalea Room

Understanding Arthritis

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

Geoffrey Hancy, M.D., orthopaedic surgeon, Andrews Institute for Orthopaedics and Sports Medicine
Andrews Institute Athletic Performance & Research Pavilion, 1020 Gulf Breeze Parkway, Conference Room B

Baptist Urgent Care Nine Mile

Effective Monday, Jan.

8 our

**Urgent Care will be
CLOSING.**

We will **REOPEN**
Tuesday, Feb. 6 as
**Baptist Emergency
Room & Urgent Care.**

Visit Baptist Medical Park
— Airport
from **Jan. 8 - Feb. 5**
for your urgent care
needs.

Support Groups

Weight-Loss Surgery Support

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

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

Patient and Family Cancer Support

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

Register in advance by calling Cancer Support Services at 448.227.6000.

Stroke Recovery

Tuesday, Jan. 9, noon to 1 p.m. at Baptist Medical Park – Navarre

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

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

Prostate Cancer Support

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

Register in advance by calling Cancer Support Services at 448.227.6000.

Diabetes Management Support Group

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

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

Grief Support Group

Wednesdays from Jan. 17-Feb. 21, 1:30-3 p.m.

For more information or to reserve a spot, please call Sally Kapusciak, LCSW, at 448.227.3908.

Faith Health Network: Understanding the Faith Health Network

Thursday, Jan. 18, 2024

Guest Speaker – Joy (Sharp) Powell

125 Baptist Way, Bear Family Foundation Conference Center

Register by contacting Jasimine Posey at
jasimine.posey@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.

Prepared Childbirth

Jan. 8 - 11, 6 to 9 p.m.

\$90 per series

Sibling Class

Jan. 17, 4 to 5:30 p.m.

\$10 per child

Baptist Birth Experience

Jan. 19, 5:30 to 8 p.m.

Free

Postpartum Depression Support Group

Jan. 16, 4 to 5 p.m.

Jan. 24, 11 a.m. to noon

Free

Baby Care Basics

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

\$20 per class

Understanding Your Hormones

Jan. 29, 6 to 7:30 p.m.

Free

Breastfeeding Class

Jan. 30 and Feb. 1, 6 to 9 p.m.

\$25 per series

Grandparenting

Jan. 31, 1 to 3 p.m.,

\$15 per person



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