

National Heart Month Love Your Heart! February

events at Baptist Health Care

Start The Year Off Right

Baptist Medical Group is here to help you achieve your New Year's resolutions. Our skilled and caring providers want to help get you on the right path.

Baptist Medical Group – Primary Care clinics are located across the Gulf Coast and are here to care for you and your loved ones. Visit baptistmedicalgroup.org to find a primary care provider near you or easyschedule.com to book your appointment.

EasySchedule



Support Groups

Prostate Cancer Support

Thursday, Feb. 8, 5 to 6 p.m.

Register in advance by calling Cancer Support Services at 448.227.6000.

Weight-Loss Surgery Support

Tuesday, Feb. 13, noon to 1 p.m.

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

Patient and Family Cancer Support

Tuesday, Feb. 13, 4 to 5 p.m.

Register in advance by calling Cancer Support Services at 448.227.6000.

Stroke Recovery

Tuesday, Feb. 13, noon to 1 p.m. at Baptist Medical Park – Navarre

Tuesday, Feb. 27, noon to 1 p.m. at Baptist Hospital

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

Diabetes Management Support Group

Thursday, Feb. 22, 5 to 6 p.m.

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

Baby CPR Class

Feb. 10, 10 a.m. to noon

\$30 per person

Postpartum Depression Support Group

Feb. 13, 4 to 5 p.m.

Feb. 28, 11 a.m. to noon

Free

Baby Care Basics

Feb. 17, 9 a.m. to 1 p.m.

\$20 per class

Breastfeeding Class

Feb. 20 and 22, 6 to 9 p.m.

\$25 per series

Clases de parto y posparto en español

5, 6, 7, 12, 13 y 15 de febrero

\$125



Nine Mile ER/Urgent Care is Opening Soon!

Baptist Emergency Room & Urgent Care — Nine Mile will be opening and providing emergency and urgent care services under one roof. Emergency room care will be available 24 hours a day, 7 days a week, and urgent care will be available from 7 a.m. to 8 p.m. daily.

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

Faith Health Network: Healthy Hearts

Thursday, Feb. 15, 2024 at 6 p.m.



Guest Speaker:

Pelbreton Balfour Jr., M.D., M.S., FACC, FSCMR, HF-Cert.

125 Baptist Way, Bear Family Foundation Conference Center

[Register in advance by calling 448.227.PRAY\(7729\)](http://ebaptisthealthcare.org).

Red Dress Sunday – Sunday, Feb. 25



ebaptisthealthcare.org