

Back to School Healthy & Ready Better at Baptist Primary Care

EasySchedule.com

EasySchedule

Wellness Education

Register in advance for these seminars at ebaptisthealthcare.org/events.
Questions? Call 448.227.4938.

Rotator Cuff Tear: Symptoms and Treatment

Wednesday, Aug. 13, 11:30 a.m. lunch; noon to 1 p.m. seminar

Travis Roth, M.D., orthopaedic surgeon, Andrews Institute for Orthopaedics & Sports Medicine

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

Back Pain: Symptoms and Treatment

Friday, Aug. 22, 11:30 a.m. lunch; noon to 1 p.m. seminar

Jennifer Riggs, PA-C, Andrews Institute for Orthopaedics & Sports Medicine
Andrews Institute Athletic Performance & Research Pavilion,
1020 Gulf Breeze Parkway, Conference Room B

August

events at Baptist Health Care

Support Groups

Grief Support

Baptist Hospital is offering a grief support group for anyone who has experienced the death of a loved one. This group will be offered weekly for six weeks, starting Tuesday, Aug. 5 and ending Sept. 9. Meetings will be held from 1:30 to 3 p.m. For more information or to reserve a spot, please call Sally Kapusciak, LCSW, at 448.227.3908.

Weight-Loss Surgery Support

Tuesday, Aug. 12, noon to 1 p.m.

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

Stroke Recovery

Tuesday, Aug. 12, noon to 1 p.m. at Baptist Medical Park — Navarre

Tuesday, Aug. 26, noon to 1 p.m. at Baptist Hospital

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

Patient and Family Cancer Support

Tuesday, Aug. 12, 4 to 5 p.m.

Register in advance by calling Cancer Support Services at 448.227.6000.

Prostate Cancer Support

Thursday, Aug. 14, 5 to 6 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 448.227.1511.
For more information, visit ebaptisthealthcare.org/birth/baptist-babies.

Baby Care Basics

Saturday, Aug. 2, 9 a.m. to 12:30 p.m.
\$20 per class

Baby Saver - Infant CPR

Saturday, Aug. 9, 10 a.m. to noon
\$30 per person or two for \$50

Breastfeeding

Tuesday, Aug. 19, 6 to 9 p.m.
Thursday, Aug. 21, 6 to 9 p.m.
\$25 per series

Clases de parto y posparto en español

Estas clases en español se programan previa solicitud. Por favor llame 448.227.1511. \$125

Blood Drives

We host blood drives throughout the year at our campuses.

Follow us on Facebook for dates and times.

[Facebook.com/BaptistHealthCare](https://www.facebook.com/BaptistHealthCare)



Faith Health Network: Let's Move: Health Benefits of Exercise



Thursday, Aug. 21, 6 to 8 p.m.

Bear Family Foundation Health Center

123 Baptist Way, 2nd Floor Conference Center

Register in advance by calling 448.227.PRAY(7729).

Breast Cancer Support

Tuesday, Aug. 19, 4 to 5 p.m.

Register in advance by calling Cancer Support Services at 448.227.6048.

Diabetes Management Class

Thursday, Aug. 28, 5 to 6 p.m.

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

Postpartum Support Group

These sessions are individually scheduled upon request.
Please call 448.227.3840.



ebaptisthealthcare.org