



# Prostate Cancer Awareness Month

Men are encouraged to discuss risk factors and lifesaving screenings with their health care provider. Schedule an appointment today!

[EasySchedule.com](http://EasySchedule.com)

**EasySchedule**

## Wellness Education

Register in advance for these seminars at [ebaptisthealthcare.org/events](http://ebaptisthealthcare.org/events). Questions? Call 448.227.4938.

### Understanding Diabetes

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

Sarimin Rivera, registered dietitian nutritionist, Baptist Medical Group — Endocrinology  
Bear Family Foundation Health Center, 125 Baptist Way, 2nd Floor Conference Room

### The Future of Cardiothoracic Surgery

**Friday, Sept. 12, 11:30 a.m. lunch; noon to 1 p.m. seminar**

Russell Ronson, M.D., FACS, FACC, cardiothoracic surgeon,  
Baptist Heart & Vascular Institute  
Andrews Institute Athletic Performance & Research Pavilion,  
1020 Gulf Breeze Parkway, Conference Room B

### Women and Heart Disease

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

Annie Celigoj, M.D., FACC, FSCAI, interventional cardiologist,  
Baptist Heart & Vascular Institute  
Baptist Medical Park — Nine Mile, 9400 University Parkway, Azalea Room

## 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, Sept. 9, noon to 1 p.m.**

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

### Stroke Recovery

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

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

For more information, visit [ebaptisthealthcare.org/stroke/events](http://ebaptisthealthcare.org/stroke/events).

### Patient and Family Cancer Support

**Tuesday, Sept. 9, 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](http://easyschedule.com) or call 448.227.1511.

For more information, visit [ebaptisthealthcare.org/birth/baptist-babies](http://ebaptisthealthcare.org/birth/baptist-babies).

### Baptist Birth Experience

**Thursday, Sept. 4, 5:30 to 8 p.m. Free**

### Baby Care Basics

**Saturday, Sept. 6, 9 a.m. to 12:30 p.m. \$20 per class**

### Prepared Childbirth

**Monday – Thursday, Sept. 8 -11,  
6 to 9 p.m. \$90 per series**

### Sibling Class

**Wednesday, Sept. 10, 4 to 5:30 p.m. \$10 per child**

### Grandparenting 101

**Wednesday, Sept. 24, 1 to 3 p.m. \$15 per person**

### Clases de parto y posparto en español

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

## September

*events at Baptist Health Care*

## Blood Drives

We host blood drives throughout the year at our campuses.

Follow us on Facebook for dates and times.

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



## Faith Health Network: Financial First Aid: Budget Management and Financial Planning for the Future



**Erin Wilmer, Wilmer Financial Group**

**Thursday, Sept. 18, 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).**

### Prostate Cancer Support

**Thursday, Sept. 11, 5 to 6 p.m.**

Register in advance by calling Cancer Support Services at 448.227.6000.

### Breast Cancer Support

**Tuesday, Sept. 16, 4 to 5 p.m.**

Register in advance by calling Cancer Support Services at 448.227.6048.

### Postpartum Support Group

These sessions are individually scheduled upon request.

Please call 448.227.3840.



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