

A LEGACY OF GROUNDBREAKING CARE



Serving our
community
for 70 years
and beyond

WELLNESS CLASSES

Register in advance for these Zoom webinars at ebaptisthealthcare.org/events.

UNDERSTANDING ARTHRITIS

Tuesday, Jan. 11, noon to 1 p.m.

Geoffrey Hancy, M.D., Orthopaedic Surgeon, Andrews Institute for Orthopaedics & Sports Medicine

WEIGHT LOSS STRATEGIES FOR THE NEW YEAR

Tuesday, Jan. 18, noon to 1 p.m.

Jessica Gilkey, LD/N, Registered Dietitian, Baptist Health Care

PREVENTIVE MEDICINE AND SCREENINGS AS YOU AGE

Wednesday, Jan. 26, noon to 1 p.m.

Heather Ross, M.D., Family Medicine Physician, Baptist Medical Group Primary Care — Pine Forest

SUPPORT GROUPS

WEIGHT-LOSS SURGERY SUPPORT GROUP

Tuesday, Jan. 11, noon to 1 p.m.

Register in advance for this online meeting by calling Weight-Loss Support at 850.437.8746.

PATIENT AND FAMILY CANCER SUPPORT GROUP

Tuesday, Jan. 11, 4 to 5:30 p.m.

Register in advance for this online meeting by calling Cancer Support Services at 850.469.2224.

STROKE RECOVERY

Tuesday, Jan. 11, 6 p.m.

Register in advance for this online meeting at ebaptisthealthcare.org/stroke/events.

PROSTATE CANCER SUPPORT GROUP

Thursday, Jan. 13, 5 to 6:30 p.m.

Register in advance for this online meeting by calling Cancer Support Services at 850.469.2224.

PRENATAL EDUCATION

Please register in advance for these online classes at eBaptistHealthCare.org/events unless noted otherwise.

PREPARED CHILDBIRTH SERIES

Monday – Thursday, Jan. 3 – 6, 6 to 8:30 p.m. \$90 per four-class series

SIBLING CLASS

Wednesday, Jan. 12, 4 to 5:30 p.m. \$10 per child

BAPTIST BIRTH EXPERIENCE

Friday, Jan. 21, 5:30 to 7:30 p.m. This class is free, but registration is required.

THE ART OF FERTILITY AWARENESS:

FERTILITY APPRECIATION AND HOME CHARTING

Monday, Jan. 24, 6 to 7:30 p.m. This class is free, but registration is required. To register, call 850.908.3310.

BREASTFEEDING CLASS

Tuesday and Thursday, Jan. 25 and 27, 6 to 9 p.m. \$20 per series

NEW YEAR, NEW YOU!

If weight loss is one of your health goals for the new year, we can help!

Visit ebaptisthealthcare.org/weightloss to learn more.

BAPTIST WEIGHT-LOSS CENTER

850.437.TRIM (8746)

JANUARY

TRANSFORMING
BAPTIST for the FUTURE



Our new campus is growing every day!

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

WHAT'S COOKING WITH BAPTIST

Thursday, Jan. 20, 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. Space is limited to 10 people. Masks required.

Register at ebaptisthealthcare.org/stroke/events.



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