

# EasySchedule

No-hassle appointment scheduling is here. With Baptist Health Care's EasySchedule, you can directly book online appointments for Baptist Medical Group primary and urgent care visits and select procedures from your desktop computer, smart phone or other electronic device.

**Visit [easyschedule.com](http://easyschedule.com) to get started.**



## Wellness Education

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

### Heart Disease Prevention and Cholesterol Management

**Thursday, Sept. 19, 11:30 a.m. lunch; noon to 1 p.m. seminar**  
Tony Lee, M.D., FACC, cardiologist, Baptist Heart & Vascular Institute and Whitney Cartwright, APRN, Baptist Heart & Vascular Institute  
Baptist Medical Park — Nine Mile, 9400 University Parkway, Azalea Room

### Peripheral Vascular Disease: Causes, Symptoms and Treatments

**Friday, Sept. 27, 11:30 a.m. lunch; noon to 1 p.m. seminar**  
Kristy Crowley, APRN, CVNP-BC, interventional cardiology, Baptist Heart & Vascular Institute  
Andrews Institute Athletic Performance & Research Pavilion, 1020 Gulf Breeze Parkway, Conference Room B

## Support Groups

### Weight-Loss Surgery Support

**Tuesday, Sept. 10, noon to 1 p.m.**  
Register in advance by calling Weight-Loss Support at 448.227.6250.

### Patient and Family Cancer Support

**Tuesday, Sept. 10, 4 to 5 p.m.**  
Register in advance by calling Cancer Support Services at 448.227.6000.

### Stroke Recovery

**Tuesday, Sept. 10, noon to 1 p.m. at Baptist Medical Park – Navarre**  
**Tuesday, Sept. 24, noon to 1 p.m. at Baptist Hospital**  
For more information, visit [ebaptisthealthcare.org/stroke/events](http://ebaptisthealthcare.org/stroke/events).

### Prostate Cancer Support

**Thursday, Sept. 12, 5 to 6 p.m.**  
Register in advance by calling Cancer Support Services at 448.227.6000.

### Breast Cancer Support Group

**Tuesday, Sept. 17, 4 to 5 p.m.**  
Bear Family Foundation Health Center, Suite 1C  
For more information, call 448.227.6048.

## Prenatal Education

To register for any of these classes, visit [easyschedule.com](http://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

**Tuesday – Friday, Sept. 3-6, 6 to 9 p.m.**  
\$90 per series

### Grandparenting

**Wednesday, Sept. 11, 1 to 3 p.m.**  
\$15 per person

### Baptist Birth Experience

**Friday, Sept. 13, 5:30 to 8 p.m.**  
Free

### Sibling Class

**Wednesday, Sept. 18, 4 to 5:30 p.m.**  
\$10 per child

### Baby Care Basics

**Friday, Sept. 21, 9 a.m. to 1 p.m.**  
\$20 per class

### Clases de parto y posparto en español

**30 de septiembre - 2 de octubre y 7, 8, 9 de octubre, 6 p.m.**  
\$125

# September

*events at Baptist Health Care*

## Baptist has a new phone number.

Our new main phone number is **448.227.8478** or **448-BAPTIST**. Please update our new number in your mobile device. It may take some time for the many different cell phone carriers to reflect Baptist Health Care as the caller.

**In the meantime, if you see the area code and prefix 448.227 on your caller ID, pick up. It's BHC.**

## Faith Health Network: Caregivers

**Thursday, Sept. 19 at 6 p.m.**

Bear Family Foundation Health Center,  
2nd floor conference room

Register in advance by emailing  
[jasimine.posey@bhcpns.org](mailto:jasimine.posey@bhcpns.org).



## Postpartum Support Group

**Sept. 17, 4 to 5 p.m.**

**Sept. 25, 11 a.m. to noon**

To register, visit [easyschedule.com](http://easyschedule.com) or call 850.434.4567.

## Diabetes Management Support Group

**Thursday, Sept. 26, 5 to 6 p.m.**

For more information, contact the Pharmacotherapy Clinic at 448.227.6221 or email [pharmacotherapy@bhcpns.org](mailto:pharmacotherapy@bhcpns.org).



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