



FOR IMMEDIATE RELEASE

Baptist Health Care Offers Wellness Education Seminars in July

PENSACOLA, Fla. (July 1, 2021) – Baptist Health Care is committed to improving the quality of life for the northwest Florida community it serves. The following free wellness education seminars will be offered in July. All seminars will be presented via Zoom video conferencing. Registration is required. To register, visit eBaptistHealthCare.org/events. For more information, call 850.469.7897.

Heat Stroke Symptoms and Treatment

Wednesday, July 7, noon to 1 p.m.

Rebekah Wyrosdick, APRN, Family Medicine, Baptist Medical Group Primary Care — North Hill

10 Foods You Should Be Eating More Often

Thursday, July 8, noon to 1 p.m.

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

Women and Heart Disease

Thursday, July 15, noon to 1 p.m.

Anne Celigoj, M.D., Interventional Cardiology, Baptist Heart & Vascular Institute

In addition, the Baptist stroke program will present a special cooking demonstration. This will be an in-person event. Space is limited, and registration is required at bit.ly/whatscooking0721.

What's Cooking with Baptist

Thursday, July 15, noon

Ever'man Cooperative Grocery & Café on Garden Street

###

CONTACT BELOW IS FOR MEDIA USE ONLY

For more information about this press release or to schedule an interview, please contact Kathy Bowers at 850.791.5254 or BHCMediaRelations@bhcpns.org.

About Baptist Health Care

Baptist Health Care is a not-for-profit health care organization based in northwest Florida that is committed to helping people throughout life's journey. The organization is a proud member of the Mayo Clinic Care Network. A 2003 Malcolm Baldrige recipient, Baptist continuously strives to be a national leader in quality and service. Baptist Health Care includes three hospitals, four medical parks, Andrews Institute for Orthopaedic & Sports Medicine, Lakeview Center and a large network of primary care and specialty physicians. With more than 7,300 employees and employed physicians, Baptist Health Care is the second largest non-governmental employer in northwest Florida.

Baptist Health Care • Baptist Hospital • Gulf Breeze Hospital • Jay Hospital • Lakeview Center • Baptist Medical Park – Nine Mile • Baptist Medical Park – Navarre • Baptist Medical Park – Pace • Baptist Medical Park – Airport • Andrews Institute • Baptist Medical Group • Baptist Heart & Vascular Institute • Cardiology Consultants • Baptist Health Care Foundation