



FOR IMMEDIATE RELEASE

Baptist Health Care Offers Online Wellness Education Seminars in December

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

Age-Related Voice and Swallow Changes

Friday, Dec. 3, noon to 1 p.m.

Kindle Page, M.S., CCC-SLP, Rehab Manager, Baptist Health Care

Feed Your Bones Well

Thursday, Dec. 9, noon to 1 p.m.

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

Breast Cancer Screening and Prevention: Self Care Starts with You

Friday, Dec. 10, noon to 1 p.m.

Sweta Jonnalagadda, M.D., Oncologist, Baptist Medical Group — Hematology Oncology

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 ebaptisthealthcare.org/stroke/events. 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.

What's Cooking with Baptist

Thursday, Dec. 16, noon

Ever'man Cooperative Grocery & Café, 315 West Garden St.

###

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. 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 and a large network of primary care and specialty physicians. Baptist Health Care is one of the largest non-governmental employers in northwest Florida.

*Baptist Health Care • Baptist Hospital • Gulf Breeze Hospital • Jay Hospital • Baptist Medical Parks Airport, Nine Mile, Navarre and Pace • Andrews Institute • Baptist Medical Group • Baptist Heart & Vascular Institute
• Baptist Health Care Foundation • Mayo Clinic Care Network*