



FOR IMMEDIATE RELEASE

## Baptist Health Care Offers Wellness Education Seminars in June

**PENSACOLA, Fla. (June 1, 2022)** – Baptist Health Care will offer the following wellness education seminars in June. Attendance is free, but registration is required. To register, visit [ebaptisthealthcare.org/events](http://ebaptisthealthcare.org/events). For more information, call 850.469.7897.

### **Summer Season and Nutrition**

Wednesday, June 15, noon to 1 p.m.

Jessica Gilkey, Registered Dietitian, Baptist Health Care

This seminar will be held ONLINE.

### **Melanoma: Causes, Symptoms and Treatments**

Thursday, June 16, noon to 1 p.m. Light lunch served at 11:30 a.m.

Sweta Jonnalagadda, M.D., Hematologist-Oncologist, Baptist Medical Group — Hematology & Oncology  
Baptist Medical Park — Nine Mile, 9400 University Parkway, Azalea Room

### **Heart Health and the Lipid Clinic**

Tuesday, June 21, noon to 1 p.m. Light lunch served at 11:30 a.m.

David Miles, M.D., Cardiologist, Baptist Heart & Vascular Institute

Baptist Towers Medical Meeting Rooms, 1717 North E St., Avery Street Entrance

### **Understanding Arthritis**

Friday, June 24, noon to 1 p.m. Light lunch served at 11:30 a.m.

Geoffrey Hancy, M.D., Orthopaedic Surgeon, Andrews Institute for Orthopaedics & Sports Medicine  
Andrews Institute Athletic Performance & Research Pavilion

1020 Gulf Breeze Parkway, Conference Room B

As part of its recognition of June as Cancer Survivorship Month, Baptist will offer a special exercise class for cancer survivors led by a physical therapist. Call 850.469.7975 for more information.

### **Survivor Physical Activity Event: General Mobility and Stretching**

Tuesday, June 7, 11 a.m.

AREF Classroom A and B

1020 Gulf Breeze Parkway, Gulf Breeze, FL 32561

Baptist will also present a fun and informative cooking class with registered dietitians. Ever'man charges \$5 for the class, and participants receive an Ever'man coupon for \$5 off purchases of \$25 or more. Registration is required. Register at [ebaptisthealthcare.org/stroke/events](http://ebaptisthealthcare.org/stroke/events). For questions, call 850.469.2068.

### **What's Cooking with Baptist**

Thursday, June 16, noon to 2 p.m.

Ever'man Cooperative Grocery & Cafe, Learning Center

315 West Garden St.

Faith Health Network will present a program on understanding poverty on Thursday, June 16, at 6 p.m. Register in advance at [ebaptisthealthcare.org/faithhealthnetwork](http://ebaptisthealthcare.org/faithhealthnetwork). Location details will be provided upon registration. Call 850.469.PRAY(7729) with questions.

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**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](mailto: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 Orthopaedics & 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*