



FOR IMMEDIATE RELEASE

Baptist Health Care Offers Wellness Education Seminars in February

PENSACOLA, Fla. (Jan. 31, 2023) – Baptist Health Care will offer the following wellness education seminars in February. Attendance is free, but registration is required. To register, visit ebaptisthealthcare.org/events. For more information, call 850.469.7897.

Atrial Fibrillation: Past, Present and Future

Tuesday, Feb. 7, 11:30 a.m. lunch; noon to 1 p.m. seminar

Natalia Hernandez, M.D., electrophysiologist, Baptist Heart & Vascular Institute
Andrews Institute Athletic Performance & Research Pavilion, 1020 Gulf Breeze Parkway,
Conference Room B

Atrial Fibrillation

Thursday, Feb. 9, 11:30 a.m. lunch; noon to 1 p.m. seminar

Farhat Mehmood, M.D., FACC, electrophysiology, Baptist Heart & Vascular Institute
Baptist Towers Medical Meeting Rooms, 1717 North E St., Avery Street Entrance

Heart Health

Thursday, Feb. 16, 11:30 a.m. lunch; noon to 1 p.m. seminar

Pelbreton Balfour Jr., M.D., M.S., FACC, FSCMR, cardiology, Baptist Heart & Vascular Institute
Baptist Medical Park – Nine Mile, 9400 University Parkway, Azalea Room

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. For questions, call 850.469.2068.

What's Cooking with Baptist

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

Ever'man Cooperative Grocery & Cafe, Learning Center
315 West Garden St.

Faith Health Network will present a heart health program on Thursday, Feb. 16 at 6 p.m. Register in advance at ebaptisthealthcare.org/faithhealthnetwork or call 850.469.PRAY (7729) with any 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 Carmela Cook 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. 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