



**FOR IMMEDIATE RELEASE**

## **Baptist Health Care Offers Wellness Education Seminars in May**

**PENSACOLA, FLA. (May 1, 2023)** – Baptist Health Care will offer the following wellness education seminars in May. Attendance is free, but registration is required. To register, visit [ebaptisthealthcare.org/events](http://ebaptisthealthcare.org/events). For more information, call 850.469.7897.

### **Sepsis Prevention**

Wednesday, May 10, 11:30 a.m. lunch; noon to 1 p.m. seminar  
Nova Francis, APRN, clinical interventionist, Baptist Health Care  
Baptist Towers – Medical Meeting Rooms, 1717 North E St., Avery Street Entrance

### **Bowel Obstructions in Adults**

Thursday, May 18, 11:30 a.m. lunch; noon to 1 p.m. seminar  
Seth Vernon, M.D., FACS, general surgeon Baptist Medical Group – General Surgery  
Baptist Medical Park – Nine Mile, 9400 University Parkway, Azalea Room

### **Stroke Awareness**

Friday, May 26, 11:30 a.m. lunch; noon to 1 p.m. seminar  
Lydia Toenes, MSN, R.N., Stroke Coordinator, Baptist Health Care  
Andrews Institute Athletic Performance & Research Pavilion, 1020 Gulf Breeze Parkway, Conference Room B

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/events](http://ebaptisthealthcare.org/events). For questions, call 850.469.2068.

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

Thursday, May 18, noon to 2 p.m.  
Ever'man Cooperative Grocery & Cafe, Learning Center  
315 West Garden St.

Faith Health Network will present program about the importance of mental health on Thursday, May 18 at 6 p.m. with guest speakers from NAMI Pensacola. Register in advance at [ebaptisthealthcare.org/faithhealthnetwork](http://ebaptisthealthcare.org/faithhealthnetwork) or call 850.469.PRAY (7729) with any questions.

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For more information about this press release or to schedule an interview, send an email to [BHCMediaRelations@bhcpns.org](mailto:BHCMediaRelations@bhcpns.org) or call 850.791.5254.

*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*