

# LOSE THE WEIGHT. FIND THE HAPPY!

“Baptist understood my realistic goals and was supportive.”

— Chontel

Read Success Stories at [eBAPTISTHEALTHCARE.ORG](http://eBAPTISTHEALTHCARE.ORG)



## BAPTIST WEIGHT-LOSS CENTER

### WELLNESS EDUCATION

To register for these events, call 850.469.7897. Reservations are required.

#### EXERCISE AND DIET: BUILDING A BETTER YOU IN 2018

Wed., Jan. 10, 11:30 a.m. lunch; noon to 1 p.m. seminar

Angie Jenks, cardiac rehabilitation manager, Baptist Hospital, and Lauren Pittman, clinical dietitian, Baptist Hospital

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

#### DIABETES: FACTS VS FICTION

Thurs., Jan. 18, 11:30 a.m. lunch; noon to 1 p.m. seminar

Patti King-Warner, R.N., diabetes nurse educator, Baptist Medical Group – Endocrinology

Baptist Medical Park – Nine Mile, 9400 University Parkway, Azalea Room

#### FATTY LIVER DISEASE: SYMPTOMS AND TREATMENT

Fri., Jan. 12, 11:30 a.m. lunch; noon to 1 p.m. seminar

Suzanne Saylor, ARNP-C, Baptist Medical Group Family Medicine & Walk-in Care – Navarre

Baptist Medical Park – Navarre, 8888 Navarre Parkway, 2nd Floor Conference Room

# JANUARY

## URGENT CARE

*just a click away.*

Baptist Medical Park – Airport  
Baptist Medical Park – Nine Mile

ONLINE SCHEDULING

[EasySchedule.com](http://EasySchedule.com)

EasySchedule

850.208.6130



## SUPPORT GROUPS

For more information, call a representative at one of the phone numbers listed.

#### CORE4™ SUPPORT GROUP

Tues., Jan. 2, 4 to 5 p.m.

Baptist Tower 3, Ground Floor  
Baptist Weight-Loss Center, 1717 North E St.  
For more information, call 850.437.8746.

#### PATIENT AND FAMILY CANCER SUPPORT GROUP

Tues., Jan. 9 and 23, 4 to 5:30 p.m.

Baptist Towers, Tower 3, Suite 233  
1717 North E St., Avery St. Entrance  
For more information, call 850.469.7372.

#### WEIGHT-LOSS SUPPORT GROUP

Tues., Jan. 9, 5:30 to 6:30 p.m.

Baptist Tower 3, Ground Floor  
Baptist Weight-Loss Center, 1717 North E St.  
For more information, call 850.437.8746.

#### PROSTATE CANCER SUPPORT GROUP

Thurs., Jan. 11, 5 to 6:30 p.m.

Baptist Towers, Tower 3, Suite 233  
1717 North E St., Avery St. Entrance  
For more information, call 850.469.7372.

#### ONCOLOGY NUTRITION CLASS

Tues., Jan 9 and 23, 3 to 4 p.m.

Baptist Towers, Tower 3, Suite 233  
1717 North E St., Avery St. Entrance  
For more information, call 850.469.7439.

#### GRIEF SUPPORT GROUP

Jan. 24 - Feb. 28, 1 to 3:30 p.m. (Six consecutive weeks)

For more information, call 850.469.7197.

## RAISE YOUR SLEEVE. DONATE BLOOD.

Baptist Health Care is hosting a blood drive provided by One Blood, Blood Bank.

Tues., Jan. 23, 8 a.m. to 5 p.m.

Baptist Hospital, Medical Meeting Room

Tues., Jan. 23, Noon to 4 p.m.

Baptist Medical Park – Nine Mile

Wed., Jan. 31, Noon to 4 p.m.

Gulf Breeze Hospital, Team Member Parking Lot

Donors must be age 16 or older, weigh at least 110 pounds and be in good health. Photo identification is required. For more information, call 850.434.4514.



The latest edition of Baptist Health Care's

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