



FOR IMMEDIATE RELEASE

Baptist Health Care To Host Wednesday Lunch and Learn January 4 at Bear Levin Studer Family YMCA

PENSACOLA, Fla. (December 30, 2016) – Baptist Health Care is partnering with the Bear Levin Studer Family YMCA to host Wednesday Lunch and Learn cooking demonstrations, starting Wednesday, January 4 from noon to 1 p.m. and continuing every Wednesday in the Demo Kitchen at the YMCA. The events are free and open to the public.

Each Lunch and Learn team will include a team of doctors, nurses and nutrition experts doing the cooking and answering your health and wellness related questions.

“Health is made in the kitchen. It is also the place where some of the best conversations happen,” says Meghan McCarthy, director of community health and wellness, Baptist Health Care. “Many of us didn’t take cooking classes in school or have grocery store shopping lessons either. In these new classes, we are featuring tricks and tips for making healthy, delicious, fast and cost effective foods while keeping the preparation fun! The secret to great food is skills and creativity, not budget.”

To join a class, please sign up with the YMCA or call 850.438.4406 and ask for Chris Parker. Reservations are required.

CONTACT BELOW IS FOR MEDIA USE ONLY

For more information about this press release or to schedule an interview, please contact Marilyn Smith at 850.791.5254 or BHCMediaRelations@bhcpns.org

About Baptist Health Care

Baptist Health Care is a community-owned, not-for-profit health care organization committed to improving the quality of life for people and communities in northwest Florida and south Alabama. The organization is a proud member of the Mayo Clinic Care Network. A 2003 Malcolm Baldrige recipient, Baptist continuously strives to be a national leader in quality and service. Baptist Health Care includes three hospitals, two medical parks, Andrews Institute for Orthopaedic & Sports Medicine, Lakeview Center, Baptist Medical Group and Cardiology Consultants. With more than 6,500 employees and employed physicians, Baptist Health Care is the largest non-governmental employer in northwest Florida. For more information, please visit www.eBaptistHealthCare.org.

Baptist Health Care • Baptist Hospital • Gulf Breeze Hospital • Jay Hospital • Lakeview Center • Baptist Medical Park – Nine Mile • Baptist Medical Park – Navarre • Andrews Institute • Baptist Medical Group • Cardiology Consultants • Mayo Clinic Care Network

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