



FOR IMMEDIATE RELEASE

Baptist Health Care Wellness Seminars – December 2016

PENSACOLA, Fla. (November 17, 2016) – Baptist Health Care offers a variety of educational events each month. By providing these wellness events, Baptist hopes to improve community health through preventive care, education and support.

Handling Stress: A Key to a Happy Holiday

Thurs., Dec. 8, 11:30 a.m. lunch; noon – 1 p.m. seminar
David A. Josephs, Psy.D., Lakeview Center
Baptist Medical Park – Nine Mile, 9400 University Parkway, Azalea Room

Prevention and Treatment of Back Pain

Fri., Dec. 9, 11:30 a. m. lunch; noon – 1 p.m. seminar
Ashley D. Zapf, M.D., CAQSM, Primary Care Sports Medicine, Andrews Institute
Baptist Medical Park – Navarre, 8880 Navarre Parkway, 2nd Floor Conference Room

Prevention and Treatment of Arthritis

Wed., Dec. 14, 11:30 a.m. lunch; noon – 1 p.m. seminar
Neilia-Kay McGill, M.D., Rheumatology, Baptist Medical Group – Rheumatology
Baptist Towers Medical Meeting Rooms, 1717 North E St., Avery Street Entrance

Common Types of Back Pain: Diagnosis and Treatment

Fri., Dec. 16, 11:30 a.m. lunch; noon – 1 p.m. seminar
William Gray, D.O., Andrews Institute Physical Medicine & Rehabilitation
Andrews Institute Athletic Performance & Research Pavilion, 1040 Gulf Breeze Parkway, Conference Room B

For more information or to make a reservation please call 850.469.7897.

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. 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

###