



FOR IMMEDIATE RELEASE

## Baptist Health Care Wellness Seminars – December 2016

PENSACOLA, Fla. (November 4, 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 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.

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For more information about this press release or to schedule an interview, please contact Marilyn Smith at 850.791.5254 or [BHCMediaRelations@bhcpns.org](mailto: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](http://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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