



FOR IMMEDIATE RELEASE
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Children's Hospital Hosts Free Class for Parents of Picky Eaters

PENSACOLA, Fla. – The Studer Family Children's Hospital at Sacred Heart hopes to help parents of picky eaters start the new year off right with a free class on Thursday, Jan. 26 from 6 to 7 p.m.

Called "Picky Eaters: New Year, New Foods" and led by Sacred Heart pediatric speech therapist Hanna Lambe, parents of picky eaters and problem feeders will gain helpful strategies to implement in their children's day-to-day activities. All community members are welcome!

Signs of a picky eater include children who:

- Refuse to eat specific foods
- Are unwilling to try new foods
- Choke and gag throughout meals
- Struggle with eating a balanced diet

This class will meet in the Greenhut Auditorium of Sacred Heart Hospital Pensacola, located at 5151 N. Ninth Ave. in Pensacola. Please park in the Ninth Avenue parking garage and enter through the Ninth Avenue or Main Entrance. The Greenhut Auditorium is located just past the information desk in the Conference Center.

This class is free to attend. Space is limited, and pre-registration is required. Learn more and reserve your space online at www.sacred-heart.org/news. For questions, please call Sacred Heart Pediatric Rehabilitation at 850-416-7340.

The Studer Family Children's Hospital at Sacred Heart is a 117-bed facility that serves as the only children's hospital in Northwest Florida. The Children's Hospital offers a wide range of services to meet all of a child's medical needs, from a pediatric emergency room and neonatal intensive care unit to a medical staff of more than 120 board-certified physicians across 29 pediatric specialties. The Children's Hospital provides quality, compassionate care to children, regardless of their parents' ability to pay. Sacred Heart Health System is a member of Ascension, the largest non-profit health system in the U.S. and the world's largest Catholic health system.

About Sacred Heart Health System

On the Gulf Coast, Ascension operates Sacred Heart Health System based in Pensacola, Fla. and Providence Health System based in Mobile, Ala. Together, these Ascension healthcare facilities have served Gulf Coast communities for more than 160 years and they employ more than 6,600 associates. Across the region, Ascension provided more than \$113 million in community benefit and care of persons living in poverty in fiscal year 2016. Ascension is a faith-based healthcare organization committed to delivering compassionate, personalized care to all, with special attention to persons living in poverty and those most vulnerable. Ascension is the largest non-profit health system in the

U.S. and the world's largest Catholic health system, operating 2,500 sites of care – including 141 hospitals and more than 30 senior living facilities – in 24 states and the District of Columbia. For more on Sacred Heart Health System, visit www.sacred-heart.org.

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