



FOR IMMEDIATE RELEASE

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Sacred Heart to Offer Health & Wellness Day for Seniors on Feb. 18

Sacred Heart Hospital Pensacola will host the 18th Annual Senior Spirit Health & Wellness Day on Saturday, Feb. 18, from 8:30 a.m. to 12 p.m. in the Sacred Heart Conference Center on Ninth Avenue in Pensacola.

Coordinated by Sacred Heart's Senior Services department, the event is designed for seniors ages 55+ and will include free health screenings and health information. Health screenings will include:

- Blood sugar (fasting)
- Total cholesterol (fasting)
- Blood pressure
- Body-fat analysis
- Stroke-risk assessments
- Diabetic retinopathy
- Osteoporosis
- Hearing

The event also will offer senior-friendly vendors on site showcasing their products and services. Door prizes will be given away, and refreshments will be served.

For more information, please call 850-416-1620 or visit www.sacred-heart.org/seniorspirit

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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