



**FOR IMMEDIATE RELEASE**  
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## **Sacred Heart Offers Free Seminars for Seniors in September**

During September, Sacred Heart Senior Services will offer several free seminars at locations in Northwest Florida. These seminars are designed for people ages 55 and older.

### **Saturday, Sept. 8**

“No Matter Your Age or Stage, You Need Balance” will be held from 9:30 to 11 a.m. at Mainstay Financial Group, 2810 E. Cervantes St., Pensacola. Speaker: Laurie Hanson, Life Coach. Sacred Heart and Mainstay are partnering to provide this series of “Power of E3” (Empower Educate Enlighten) seminars designed for women ages 55+. To register, call 850-437-3127.

### **Thursday, Sept. 13**

“Getting the Groove Back in Your Move” will be held from 12 to 1 p.m. at Pace Medical Park Rehabilitation Center, first floor, 3754 Hwy. 90 in Pace. Speaker: Debra Baker, a personal trainer with New Horizons Fitness.

### **Thursday, Sept. 27**

“Balanced Pain Relief: A Truly Drug-Free Pain Relief Solution” will be held from 12 to 1 p.m. at St. Ann Catholic Church, 100 Daniel Dr., Gulf Breeze, in the chapel conference room. Speaker: Don Carlock, Jr., DC, a chiropractor with Balance Chiropractic.

To register for the Sept. 13 and Sept. 27 programs, call 850-416-1620 or toll-free at 1-877-416-1620. Online registration is available at [www.sacred-heart.org/seniorspirit](http://www.sacred-heart.org/seniorspirit). Note that schedule changes and cancellations can occur without prior notice.

### **About Sacred Heart Health System**

In Florida, Ascension operates Sacred Heart Health based in Pensacola and St. Vincent’s HealthCare based in Jacksonville. Together, Ascension operates seven hospitals and more than 100 other sites of care, and they employ nearly 10,000 associates. Across the region, Sacred Heart and St. Vincent’s have served North Florida communities for more than 145 years. In fiscal year 2017, they provided \$168 million in community benefit and care of persons living in poverty. Ascension ([www.ascension.org](http://www.ascension.org)) is a faith-based healthcare organization dedicated to transformation through innovation across the continuum of care. As the largest non-profit health system in the U.S. and the world’s largest Catholic health system, Ascension is committed to delivering compassionate, personalized care to all, with special attention to persons living in poverty and those most vulnerable. Ascension includes approximately 165,000 associates and 34,000 aligned providers. Ascension’s Healthcare Division operates more than 2,600 sites of care – including 153 hospitals and more than 50 senior living facilities – in 22 states and the District of Columbia. For more information on Sacred Heart Health System, visit [www.sacred-heart.org](http://www.sacred-heart.org).