



**FOR IMMEDIATE RELEASE**  
**October 26, 2018**

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## **Sacred Heart offers Free Seminars for Seniors in November and December**

During November and December, Sacred Heart Senior Services will offer four “Healthy Living” seminars at locations in Northwest Florida. These seminars are designed for people ages 55 and older.

### **Wednesday, Nov. 7**

“Wills and Trusts: When, How & Why” will be held from 9:30 to 11:00 a.m. at the Sacred Heart Hospital Conference Center, 5151 N. 9<sup>th</sup> Ave. in Pensacola. Speaker: Kathleen K. DeMaria, an attorney with Smith, Sauder & DeMaria who specializes in estate planning. Valet parking is available at the hospital front entrance.

### **Thursday, Nov. 8**

“Sitting is the New Smoking: Habits to Get rid of to Improve Your Health” will be held from noon to 1 p.m. at the Pace Medical Park in the Rehabilitation Center, first floor, 3754 Hwy. 90 in Pace. Speaker: Ann Payne Johnson, a family medicine doctor with Sacred Heart Medical Group.

### **Thursday, Nov. 15**

“Benefits of Music when Dealing with Dementia” will be held from noon to 1 p.m. at St. Ann Catholic Church, Chapel Conference Room, 100 Daniel Dr. in Gulf Breeze. Speaker: David Acuff, a general manager with Homestead Village Retirement Community.

To register for any of these programs above, 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.

### **Thursday, Dec. 6**

“Home Safety & Fall Prevention for Older Adults” will be held from 5 to 7 p.m. at Haven of Our Lady of Peace, 1900 Summit Blvd. in Pensacola. Presented by the Haven’s physical and occupational therapists. Limited to 30 seats. Please call 850-416-1620 to register.

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

In Florida, Ascension operates Sacred Heart Health System based in Pensacola and St. Vincent’s HealthCare based in Jacksonville. Ascension’s facilities in Florida include seven hospitals and more than 100 other sites of care and together they employ more than 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 156,000 associates and 34,000 aligned providers. Ascension's Healthcare Division operates more than 2,600 sites of care – including 151 hospitals and more than 50 senior living facilities – in 21 states and the District of Columbia. For more information on Sacred Heart Health System, visit [healthcare.ascension.org](https://healthcare.ascension.org).

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