



FOR IMMEDIATE RELEASE
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Sacred Heart Offers Free Seminars for Seniors in October

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

Thursday, Oct. 11

“Cognitive Health: Retraining Your Memory” will be held from noon to 1 p.m. at Pace Medical Park Rehabilitation Center, first floor, 3754 Hwy. 90 in Pace. Speaker: Layla Vise, a licensed speech-language pathologist with Sacred Heart Rehabilitation.

Wednesday, Oct. 17

“The Treatment and Management of Lymphedema” will be held from 9:30 to 11 a.m. at the Sacred Heart Hospital Conference Center, 5151 N. Ninth Ave. in Pensacola. Speakers will be Ashley Kelley Burchett, a licensed occupational therapist who serves as manager of Sacred Heart Rehabilitation, and DeAndra Kirkland, a licensed occupational therapist with Sacred Heart Rehabilitation. Valet parking is available at the hospital front entrance.

Thursday, Oct. 25

“Getting the Groove Back in Your Move” will be held from 12 to 1 p.m. at St. Ann Catholic Church, Chapel Conference Room, 100 Daniel Dr. in Gulf Breeze. Speaker will be Debra Baker, a certified personal trainer.

To register for any of these programs, call 850-416-1620 or toll-free at 1-877-416-1620. Online registration is available at 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 in Florida and more than 100 other sites of care, and 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) 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.