

RUN FROM THE SUN

Besides being a fantastic family event, Baptist Cancer Services "Run From the Sun" activities will also include free community skin screenings. The race will include a 5K and a One Mile Fun Run, so people of all ages can participate. Race day activities, including the free skin screening, begin at 3:30 PM. **The Race starts at 5:30 PM on Saturday, April 7.** Learn more about the race and download a race registration form at www.runfromthesun.com.

DRAWING FROM YOUR STRENGTHS:

FIGHT SKIN CANCER — With Marshall Ramsey

Pulitzer Prize finalist, syndicated political cartoonist, and melanoma survivor. All these describe Marshall Ramsey, guest speaker for this event about skin cancer. Join Marshall and Grace Shumaker, MD, for a skin cancer update. *\$5 optional lunch*

April 10, 11:45 AM

Baptist Madison Campus, Community Room

PROSTATE SCREENING

Prostate cancer is the most common cancer in men, but when detected early, survival rates are excellent. This *FREE* prostate screening, including a PSA test and a digital rectal exam, is available for men:

:: Ages 50 to 75

:: Ages 40 to 75 whose father or brother had prostate cancer

:: Ages 45 to 75 who are African-American

Men older than age 75 and those currently under the care of an urologist are excluded.

April 12, By appointment, beginning at 5:30 PM

Baptist Medical Clinic | Family Medicine – Byram

Register by calling 601-948-6262.

ARTHRITIS AND PAIN

Osteoarthritis is a common cause of pain in joints in the hands, knees, hips, and shoulders. Find out what treatments are available to relieve pain, including medications and outpatient procedures. The featured speaker is orthopaedic surgeon Brian Johnson, MD. *\$5 optional lunch*

April 13, 11:45 AM

Baptist Madison Campus, Community Room

RACE FOR THE CURE®

The 12th annual Komen Central MS 5K race and walk will be held in downtown Jackson on **Saturday, April 14.** Proceeds benefit the Susan G. Komen Foundation. To register, please go to www.komencentralms.org.

AAA: THE SILENT KILLER

Abdominal aortic aneurysm (AAA) is called the silent killer because it can progress without symptoms until it becomes a life-threatening medical emergency. If you've ever smoked, have high blood pressure, or have a family history of heart disease, join Charles O'Mara, MD, to find out who is at risk and how to prevent this disease. *\$5 optional lunch*

April 16, 11:45 AM

Baptist Madison Campus, Community Room

DIABETES SUPPORT GROUP

Hosted by Baptist Nutrition Center, *FREE*

April 16, 1:00 PM, Medical Arts East, 2nd Floor

April 19, 1:00 PM, Baptist Madison Campus, Community Room

HELP FOR CHRONIC PAIN

If you are dealing with any type of chronic pain, whether it's back pain, pelvic pain, or related to cancer, don't miss this seminar to learn what works for managing pain long term. Guest speaker is Lori Marshall, MD, a board certified pain management specialist. *\$5 optional lunch*

April 17, 11:45 AM

Baptist for Women Conference Center

BRICK STREET RUN

Baptist Healthplex and Chick-fil-a invite you to walk or run in the annual Brick Street 5K Run. This family event is for all ages. Register by April 2 to take advantage of the best price. For more information, call 601-925-7900.

April 21, Baptist Healthplex at Mississippi College

Registration at 6:30 AM, Races begin at 8:00 AM

HEART MURMURS:

WHEN THEY SOUND LIKE TROUBLE

If you have a heart murmur, it's good to know many are harmless and don't need treatment. But sometimes, heart murmurs point to a problem that needs attention. Join Camille Richards, MSN, APRN, FNP-BC, of the Valve Center, to learn about types of heart murmurs and when to get help. *\$5 for optional lunch*

April 24, 11:45 AM

Baptist Madison Campus, Community Room

NICU REUNION

If your child received care in Baptist's Neonatal Intensive Care Unit, please plan to attend our Birthday Celebration NICU Reunion. Refreshments, activities and prize, plus register to win a Mississippi Braves doorprize.

April 28, 1:00 – 2:30 PM

Baptist for Women