

Atrium Health Navient Baldwin Offers Heart Health Information with Free Lunch n’ Learn *Make plans to join the Feb. 4 session*

MILLEDGEVILLE, Ga., Jan. 31 , 2025 – [Atrium Health Navient Baldwin](#) is offering the community an opportunity to learn about heart health in the next session of its recurring Lunch n’ Learn series.

The next Lunch n’ Learn will be held at 11 a.m. Feb. 4 with guest speaker [Dr. Puvalai Vijaykumar](#), a cardiovascular disease specialist. In recognition of American Heart Month, he will speak about how to maintain a healthy heart.

“We hope the community will join us as we share information about the importance of catching heart disease early, prevention and risk factors,” said Atrium Health Navient Baldwin Chief Operations Officer Thomas Goss. “As your community hospital, we want to offer resources to help residents live healthier, fuller lives.”

February’s session will be held at Atrium Health Navient Baldwin, 821 North Cobb St., Milledgeville, in the cafeteria. All sessions are free and open to the public. Lunch will be provided.

For more information about the Lunch n’ Learn session or to RSVP, call 478-776-4641.

About Atrium Health Navient

Atrium Health Navient is the leading provider of health care in central and south Georgia and is committed to its mission of elevating health and well-being through compassionate care. Atrium Health Navient is part of [Advocate Health](#), which is headquartered in Charlotte, North Carolina, and is the third-largest nonprofit health system in the United States, created from the combination of Atrium Health and Advocate Aurora Health. Atrium Health Navient provides high-quality, personalized care in 53 specialties at more than 50 facilities throughout the region. As part of the largest, integrated, nonprofit health system in the Southeast, it is also able to tap into some of the nation’s leading medical experts and specialists with Atrium Health, allowing it to provide the best care close to home – including advanced innovations in virtual medicine and care. Throughout its 125-year history in the community, Atrium Health Navient has remained dedicated to enhancing health and wellness for individuals throughout the region through nationally recognized quality care, community health initiatives and collaborative partnerships. It is also one of the leading teaching hospitals in the region, helping to ensure viability for rural health care for the next generation. For more information, please visit www.NavientHealth.org.

About Advocate Health

[Advocate Health](#) is the third-largest nonprofit integrated health system in the United States – created from the combination of Advocate Aurora Health and [Atrium Health](#). Providing care under the names [Advocate Health Care](#) in Illinois, Atrium Health in the Carolinas, Georgia and Alabama, and [Aurora Health Care](#) in Wisconsin, Advocate Health is a national leader in clinical innovation, health outcomes, consumer experience and value-based care. Headquartered in Charlotte, North Carolina, Advocate Health services nearly 6 million patients and is engaged in hundreds of clinical trials and research studies, with [Wake Forest University School of Medicine](#) serving as the academic core of the enterprise. It is nationally recognized for its expertise in cardiology, neurosciences, oncology, pediatrics and rehabilitation, as well as organ transplants, burn treatments and specialized musculoskeletal programs. Advocate Health employs 155,000 teammates across 69 hospitals and over 1,000 care locations and offers one of the nation’s largest graduate medical education programs with over 2,000 residents and fellows across more than 200 programs. Committed to providing equitable care for all, Advocate Health provides more than \$6 billion in annual community benefits.

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