



February 2017- March 2017 Newsletter

Aurora Health Care offers and partners with community groups to provide a wide variety of classes and community events aimed at promoting health and wellness. We also offer support groups for people to meet together and share their experiences, ideas and provide emotional support for one another.

Please see below and attachments for February and March upcoming schedule.

To register, click on the link to take you to the registration page or call 1-800-499-5736.

Special Events = pink, Screenings = blue, Classes/Seminar = yellow, Support Group = green

Class/Support/Event	Location + Date + Time	City	Registration/Hyper link
Heart Awareness Month	Aurora Memorial Hospital-Burlington Heart Health education materials and Free blood pressure screening in the lobby 2/9@ 12-3pm, 2/15@12-3pm, 2/21 @9am-12, 2/27@ 9am-12	Burlington	Not required
Heart Awareness Month	Aurora Lakeland Medical Center Heart Health education materials and Free blood pressure screening in the lobby 2/10@ 8-11am, 2/13 @9-12, 2/22 @12-3, 2/28 @9-12	Elkhorn	Not required
Free Blood Pressure Screening	Aurora Burlington Clinic 2nd Floor lobby 1 st & 3 rd Wednesdays 8:30-9:30am	Burlington	Not required
Free Blood Pressure Screening	Love, Inc. 480 S. Pine Street, Burlington (sponsored by AMHB volunteers) on 3rd Wednesday 9:30 – 11:00 a.m.	Burlington	Not required
Free Blood Pressure Screening	Waterford Senior Center – Whitford Park Pavilion 625 S. 1st St, Waterford, (sponsored by AMHB volunteers) 3rd Monday of even months 11:00 a.m. – noon.	Waterford	Not required

Free Blood Pressure Screening	Central Racine Co. Health Dept. 10005 Northwestern Ave US Bank Building, 2 nd Floor Franksville	Franksville	Call 262-898-4460, press 2
Free Blood Pressure Screening	Walworth Co. Health Dept. W4051 County Rd NN, Elkhorn	Elkhorn	Call 262-741-3140
AARP Smart Driver Course	Aurora Wellness Center Classroom C Noon- 4pm February 14, March 13, April 24, May 22, June 15, July 20, August 14, September 11, October 9, November 20	Burlington	\$20 Click here to register and for more information
AARP Smart Driver Course	Aurora Lakeland Medical Center Classroom D 12:30-4:30 May 16 & October 23	Elkhorn	\$20 Click her to register and for more information
Baby Care Class	Aurora Lakeland Medical Center Classroom C & D Feb. 12, 3pm-6pm, April 8, Aug. 5 & Dec. 2, 9am-noon, June 11 & Oct. 7, noon-3pm	Elkhorn	\$25 per person/Click here to Register
Babysitting Basics Class	Aurora Lakeland Medical Center Next class: July 22 8 am- noon	Elkhorn	No cost/Click here to register
Babysitting Basics Class 9 y/o or older	Aurora Wellness Center Friday (no school) March 31, Saturday April 29 & October 14 8 am- noon	Burlington	No Cost/Click here to register
Breastfeeding Basics	Aurora Lakeland Medical Center Classroom C & D Mar. 6 & May 8, 6:30pm-9pm Feb. 19, April 2, June 4, 1pm-3:30pm	Elkhorn	\$20 per person/Click here to Register
Community Heartsaver CPR/AED for Adults	Aurora Wellness Center March 11, April 8, May 13, June 10, August 12, September 9, October 14, 9am- Noon	Burlington	\$38 per person/Click here to Register
Growing up in the 2000's - 2017	Aurora Wellness Center Classroom C April 13 & Oct. 13, 6:00pm-8:00pm	Burlington	\$15 per person/Click here for more Information
Healthy Living with Diabetes	Aurora Wellness Center Classroom C April 13-May 18, 1:00pm-3:00pm	Burlington	\$10 per person/Click here for more Information
Infant CPR & Safety for Family & Friends	Aurora Wellness Center Classroom C Mar. 1, April 12, May 3, June 7, July 5, Aug. 2, Sept. 6, Oct. 4, Nov. 1 & Dec. 6 at 6:00pm-7:30pm	Burlington	\$20 per person/click here to register

Look Good Feel Better	Aurora Health Center- Southern Lakes Vince Lombardi Cancer Clinic April 18, July 18, July 18, October 17 6:00pm- 8:00pm	Burlington	No cost/ Click here for more information
On-line Breast feeding	A Free Online Breastfeeding Program from Aurora Lakeland Medical Center	Elkhorn	No Registration needed/Click here for more Information
Powerful Tools	Aurora Wellness Center Classroom B or C Classes Start September 2017 2:00p.m. - 3:30p.m.	Burlington	\$10 per person/click here for more information
Preparing for Labor & Birth: <i>Three Week Series</i>	Aurora Lakeland Medical Center Classroom C & D February 8, 15,22, 6:30pm-8:30pm	Elkhorn	\$ 40 per couple/click here to register
Preparing for Labor & Birth: <i>Express Class</i>	Aurora Lakeland Medical Center Classroom C & D March 18 9:00am-3:00pm	Elkhorn	\$ 65 per couple/click here to register
Preparing for Labor & Birth: <i>On-line Class</i>	An Online Childbirth Education Program	Elkhorn	\$40 on line class/ click here to register
Stepping On	Aurora Wellness Center Classroom C March 1 – April 12, 2017 at 1pm-3pm	Burlington	\$10 per person/Click here for more Information
Alzheimer's Support Group	Aurora Wellness Center Classroom B February 22, 11:30am-1:00pm	Burlington	No cost/Click here for more information
Bariatric Surgery Information Seminar	Aurora Wellness Center Classroom B Mar. 14, May 9, July 11, Sept. 12 & Nov. 14, 2017 from 3:00pm-5:00pm	Burlington	No cost/Click here to register
Bariatric Surgery Information Seminar	Aurora Lakeland Medical Center Conference Room C Feb. 14, April 18, June 3, Aug. 8, Oct. 10 & Dec. 12, 2017 from 3:00pm-5:00pm	Elkhorn	No Cost/Click here to register
Chilled: The Adolescent Anxiety Group	Aurora Behavioral Health Center Every Wednesday, 5:30pm-7:00pm	Lake Geneva & Elkhorn	No Registration needed/Click here for more Information
Fibromyalgia Support Group	Aurora Wellness Center Classroom B Feb. 15, 6:00pm-7:30pm	Burlington	No Registration needed/Click here for more Information
Harbor of Hope Grief Support Group	Aurora Health Center Small Conference Room February 7, 3:00pm-4:30pm	Lake Geneva	No Registration needed/Click here for more Information

Managing the Defiant Child-a group for Parents	Aurora Behavioral Health Center Elkhorn Every Wednesday, 5:30pm-7:00pm	Elkhorn	No Registration needed/Click here for more Information
Respiratory Support Group	Aurora Memorial Hospital of Burlington Café A & B February No Group, March 21, 6:00-7:30 pm	Burlington	No Registration needed/Click here for more Information
Stroke Support Group	Aurora Lakeland Medical Center Classroom A & B February 20 1:00pm-2:30pm	Elkhorn	No Registration needed/Click here for more information