

AURORA IN OUR COMMUNITIES



Aurora Health Care®

Your monthly calendar of classes, support and special events.

June - July 2019 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 and share their experiences, ideas and provide emotional support for one another.

To register, click on the link to take you to the registration page or call 1-800-499-5736. (262-767-7185)

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

| Class/Support/Event | Location + Date + Time | City | Registration/Hyper link |
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| Color for Care Golf Outing | Geneva National Friday June 21 7am- Registration & Breakfast 12:30 lunch | Lake Geneva | Registration call Geneva National Member Pro Shop at 262.245.7012. |
| Kishwaukee Nature Conservancy 5K | Kishwaukee Nature Conservancy 251 Elkhorn Road, William Bay, WI Saturday, July 6 | William Bay | Click here to register/more information |
| Advanced Directive Workshop | Aurora Lake Geneva Clinic Wednesday, June 12, 2:30- 4:00pm | Lake Geneva | No registration required Walworth Co click here |
| Advanced Directive Workshop | Aurora Health Center-Southern Lakes-Oncology Wednesday, August 21, 3:30-4:30 | Burlington | No registration required Burlington area- click here |
| Advanced Directive Workshop | Aurora Lakeland Medical Center Wednesday, June 12 2:30pm-4:00pm | Elkhorn | No registration required Walworth Co click here |
| Walk with the Doc | Burlington High School-400 McCanna Parkway @ 8:30-9:30 am June 15, James Webley Chiropractor – Maximizing quality of life through spine health July 20, Dr Jolanta Twardy Benefits of Exercise for Dementia | Burlington | Free/Click here for more information |
| Cancer Survivors Series-Moving Forward | Aurora Wellness Center- Room C June 10- Fitness Check-In with Aurora Wellness Center 6:00-700p | Burlington | No cost/click for more information |
| Art Therapy Cancer | Aurora Wellness Center – Room B | Burlington | Click to Register |

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| Support- Open Studio | Mondays July 1-August 26 (no class July 29) 3:00pm-5:00pm | | |
| AARP Smart Driver Course | Aurora Lakeland Medical Center Classroom C September 17- 9am- 1pm | Elkhorn | \$20 / click to register / more information |
| AARP Smart Driver Course | Aurora Wellness Center July 24- 12noon-4pm | Burlington | \$20/ click here to register/more information |
| Babysitting Basics | Aurora Lakeland Medical Center Classroom C & D November 2 8-Noon | Elkhorn | \$10/click here to register/more information |
| Babysitting Basics | Aurora Wellness Center June 19 8-Noon | Burlington | \$10 /click here to register/more information |
| Healthy Living Exercise Class | Aurora Rehabilitation Center- Lake Geneva Tuesdays and Thursdays from 10:00-11:00am for 6-week rotations | Lake Geneva | \$50 per person/Click here for more information |
| Infant CPR & Safety for Family & Friends | Aurora Wellness Center Classroom C June 5, August 7 6:00pm-7:30pm | Burlington | \$20 click here to register/ information |
| Strong Bodies | Aurora Wellness Center August 2 through October 9 3:30- 4:30 p.m. | Burlington | \$ 40/ click here to register / more information |
| Alzheimer's Support Group | Aurora Wellness Center Classroom B June 26, July 24 11:30am-1:00pm | Burlington | No cost/Click here for more information |
| Bariatric Surgery Information Seminar | Aurora Wellness Center Classroom B Tuesday, July 9, September 10 3:00pm-5:00pm | Burlington | No charge/Click for more information |
| Bariatric Surgery Information Seminar | Mukwonago Community Library Tuesday, June 11, August 27 3:00pm-5:00pm | Mukwonago | No charge/Click for here for more information |
| Support Group for Families of One who is | Alternate sites: Aurora Wellness Center & Aurora Lakeland Medical Center | Burlington Elkhorn | No Registration needed/click here for |

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| Struggling with Addiction | 2nd Tuesday of every month. 6:00 pm July 9, September 10- AWC June 11, August 13- ALMC | | more information |
| Fibromyalgia Support Group – July 15 open sharing August 19 – Chronic Pain presentation | Aurora Wellness Center Classroom B No support group in June July 15, August 19 6:00pm-7:30pm | Burlington | No Registration needed/Click here for more Information |
| Harbor of Hope Grief Support Group | Aurora Health Center Lake Geneva clinic, Large Conference Room Tuesdays, June 4, July 2 3:00pm-4:30pm | Lake Geneva | No Registration needed/Click here for more Information |
| Healing After the Loss of a Loved One Due to Addiction | Aurora Wellness Center Classroom B Thursdays, June 13, August 8 6:00pm-7:00pm | Burlington | No Registration needed / click here for more information |
| Healing After the Loss of a Loved One Due to Addiction | Aurora Lakeland Medical Center Classroom C & D Thursdays, July 11, September 12 6:00pm-7:00pm | Elkhorn | No Registration needed/ Click here for more information |
| Respiratory Support Group | Aurora Medical Center in Burlington Tuesday, June 19, July 16 6:00-7:30 pm | Burlington | No registration needed/Click here for more information |
| Stroke Support Group | Aurora Lakeland Medical Center Classroom C & D Monday, June 17, July 15 1:00pm-2:30pm | Elkhorn | No Registration needed/Click here for more information |
| Strong Bodies | Aurora Wellness Center August 2 thru October 9 3:30- 4:30 pm Wednesdays and Fridays | Burlington | \$40/ Register on line or call 262-767-7185 |
| Healthy Weight Management Program-HMR | Mondays at 5:30 pm -6:30 pm or Tuesdays 12 noon-1:00pm for location and more information contact 262.767.8306 | Burlington | Call 767-8306 for more information |
| Free Blood Pressure Screening | Aurora Burlington Clinic 2nd Floor lobby 1 st & 3 rd Wednesdays 8:00-10:30am | Burlington | Not required |
| Free Blood Pressure | Love, Inc. 480 S. Pine Street, | Burlington | Not required |

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| Screening | Burlington (sponsored by AMHB volunteers) on 3rd Wednesday 9:30 – 11:00 a.m. | | |
| 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 |
| Baby Care Class | Aurora Lakeland Medical Center Classroom C & D June 8, August 3 noon to 3pm | Elkhorn | \$25/ Click here to register |
| Breastfeeding Basics | Aurora Lakeland Medical Center Classroom C & D Wednesday, June 12, July 10 @ 6:30 pm-9:00pm | Elkhorn | \$20/ Click here to register |
| Preparing for Labor & Birth: <i>Express Class</i> | Aurora Lakeland Medical Center Classroom C & D July 20- 9:00am-3:00pm | Elkhorn | \$65/ click to register |
| Preparing for Labor & Birth: 3 week series | Aurora Lakeland Medical Center Classroom C & D June 11, 20, 27-9:00am-3:00pm | Elkhorn | \$40/ Click to register |
| Preparing for Labor & Birth: Express Class in Spanish Preparandose para el parto y nacimiento | Aurora Lakeland Medical Center Classroom C & D August 10 @ 9:00am – 3:00pm No Cost | Elkhorn | No cost / click for registration |
| Preparing for Labor & Birth: <i>On-line Class</i> | An Online Childbirth Education Program | Elkhorn | \$40 on line class/ click here to register |