

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
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.
Kishwauketo Nature Conservancy 5K	Kishwauketo 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

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

Struggling with Addiction	2 nd 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

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: Express Class	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, 18, 25-9:00am-3:00pm	Elkhorn	\$40/ Click to register
Preparing for Labor & Birth: Express Class in Spanish Preparándose 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: On-line Class	An Online Childbirth Education Program	Elkhorn	\$40 on line class/ click here to register