

Community Education Programs

Aurora Burlington/Walworth Patient Service Community



May - July 2022

****Registration is required for all events unless noted****

AARP Smart Driver™ Course

Wednesday, May 18, 2022 | 1:00 – 5:00 p.m.

\$20 for AARP member; \$25 non-member (pay at class)

Aurora Lakeland Medical Center, Classroom C
W3985 County Rd NN, Elkhorn, WI

Renew your driving skills! Defensive driving techniques, proven safety strategies, new traffic laws, rules of the road, handling left turns, right-of-way, and roundabouts. No tests to pass. Upon completion you may be able to receive a multi-year discount on your car insurance. *Check with your insurance company!*

To register visit aurora.org/events or [click here](#)

Keyword: Smart

Or call: 800-499-5736

Or email: communityeducation@aah.org

Stepping On - Falls Prevention Workshop – Racine County Residents

Seven-session workshop:

Tuesdays, June 21 - August 2, 2022 | 1:00 – 3:00 p.m.

\$10

Aurora Wellness Center
300 McCanna Pkwy, Burlington, WI

Stepping On can help you avoid a dangerous and costly fall so you can keep doing the things you love to do. You'll learn how to build and maintain the physical strength and balance you need to walk confidently. From footwear to prescriptions, you'll learn what increases your risk of fall, how to avoid it, and make an individualized action plan to stay on your feet and living life the way you want.

To register:

Call 800-499-5736

Sponsored by: Aurora Health Care, Walworth County Aging & Disability Resource Center, & Wisconsin Institute for Healthy Aging

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Diabetes Self-Management Class

Four-session workshop:

Tuesdays, May 10 – May 31, 2022 | 9:00 – 11:00 am

Free

Aurora Health Center East Troy
2483 Corporate Circle, East Troy, WI

Taught by a Certified Diabetes Care and Education Specialist, this 4-week series will cover the seven self-care behaviors to manage your diabetes and help you stay healthy: healthy eating, being active, monitoring, taking medication, problem solving, healthy coping, and reducing risks.

To register:

Call Brenda at 262-642-6818 or AHC-East Troy at 262-642-2000.

Healthy Living with Diabetes

Six-session workshop – 2 different series to choose from:

Wednesdays June 15 – July 20 | 1:00 – 3:00 p.m.

\$10

Walworth County Health and Human Services Building
1910 County Rd NN, Elkhorn, WI

Or

Thursdays July 7 – August 11 | 1:30 – 4:00 p.m.

Starin Park Community Building
504 W. Starin Rd., Whitewater, WI

Healthy Living with Diabetes is an evidence-based program for adults of all ages who have type 2 diabetes, pre-diabetes, or live with someone who does. In just 6 weeks, you learn to take charge of your health and get back to doing the things that matter to you. You'll get information & advice for: healthy eating and nutrition, relaxation techniques, partnering with your health care provider, exercise, stress and depression management, problem-solving, short-term goal setting, communicating effectively with friends, family, and your medical team.

To register:

Call 262-741-3309

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Powerful Tools for Caregivers

Six-session workshop:

Mondays May 16 – June 27, 2022 | 1:00 – 2:30 p.m.

Suggested donation of \$10 for textbook

Yorkville United Methodist Church
17645 Old Yorkville Rd.
Union Grove, WI

Caregiving can be rewarding, but it can be challenging too. Caring for someone with an injury or illness – such as dementia, cancer, heart disease, Parkinson's disease, stroke, or others – can be physically, emotionally, and financially demanding. Taking care of yourself is important. Powerful Tools for Caregivers can show you the way! The class focuses on your well-being and has been studied and shown to help family caregivers: reduce stress, guilt, anger, and depression and improve emotional well-being, manage time, set goals, and solve problems, master caregiving transitions and be part of decision-making, communicate effectively with the person needing care, family members, doctors, and other helpers, and find and use community resources.

To register:

Call 262-833-8764 or email ruth.stauersbol@racinecounty.com

Provided by: Racine County Aging & Disability Resource Center and Wisconsin Institute for Healthy Aging

Healthy Living with Chronic Pain

Six-session workshop:

Tuesdays, June 16 – July 21, 2022 | 11:00 – 11:45 a.m.

\$10

Convenient, contact-free format via phone conference!

If living with Chronic Pain is keeping you from doing the things you want to do, Healthy Living with Chronic Pain can help by giving you the tools and strategies to manage your pain. This *evidence-based* class meets for 45 minutes once a week for six weeks. Designed for adults dealing with on-going (chronic) pain; teaches skills to effectively manage pain; improves quality of life; better ability to understand pain, gain confidence, and use coping skills.

To register visit aurora.org/events or [click here](#)

Keyword: Pain

Or call: 800-499-5736

Or email: communityeducation@aah.org

Sponsored by: Aurora Health Care & Wisconsin Institute for Healthy Aging

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Babysitting Basics

Two sessions to choose from:

June 13, or June 14, 2022 | 9:00 – 10:30 a.m.

\$10

Zoom workshop for beginning babysitters, ages 9 and older. Participants in this workshop will learn:

- Do's and don'ts of babysitting
- How to handle a baby with care
- Safety hazards
- Basic first aid

To register, visit aurora.org/events or [click here](#)

Keyword: Babysitting

Or call: 800-499-5736

Or email: communityeducation@aah.org

Walk with a Doc

Every 3rd Saturday of the month | 8:30 – 9:30 a.m.

Free

Burlington High School

meet in the front entrance vestibule by the flagpole

Get out, get active & enjoy good conversation. Learn about a current health topic, then spend the rest of the hour enjoying a walk at your own pace and distance with medical providers.

May 21: Lifestyle Modifications for Health, Lia Herman, NP

June 18: Facts about Fat, Jenna Buckley, RD

July 16: Benefits of Using Meal Replacements, Samantha Carroll, HMR

Registration is not required for this event.

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Blood Pressure Clinic

Every Wednesday
8:00 a.m. – 12:00 p.m. and 1:00 – 4:30 p.m.
Free
Aurora Medical Center Burlington

Appointments are required.

To make an appointment, call:
262-767-8000

Blood Pressure Screening

On the following Wednesdays:

June 1	September 7	**December 7
July 6	October 5	
August 3	November 2	

9:30 – 10:30 a.m.

Free

Walworth County Health & Human Services
Building, *Walworth County Room*, Elkhorn, WI

Registration is not required for this event.

**Weather permitting

Support Groups

Art Therapy Open Studio

May 9, 23, June 13, 27, July 11, 25, 2022 | 3:00 – 5:00 p.m.

Free

Aurora Wellness Center Burlington
Classroom B

Designed to aid group members in self-expression, relaxation, and personal growth. Facilitated by a credentialed Art Therapist. **No experience necessary. All supplies provided.**

To register:

Call the Art Therapy office at 414-385-2708.

Respiratory Support Group

May 17, June 21, July 19, 2022 | 6:00 – 7:30 p.m.

Free

Aurora Medical Center Burlington
Café A/B

Respiratory Support Group addresses the fears and adjustment faced by those with respiratory or breathing concerns. It encourages participants to develop a positive attitude about the future and discuss common concerns experienced in daily living.

To register, visit aurora.org/events or [click here](#)

Keyword: Resp

Or call: 800-499-5736 Or email: communityeducation@aah.org

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Stroke Support Group

May 16, June 20, July 18, 2022 | 1:00 – 2:30 p.m.

Free

Aurora Lakeland Medical Center
Classroom A

The Stroke Support Group provides emotional support through opportunities to interact with others who have experienced stroke. Informational programs will also be provided on topics related to stroke/brain attack. This group welcomes individuals newly diagnosed as well as those with a history of stroke.

To register:

Contact Heidi Barnes at 262-741-2539.

Prenatal Education

Breastfeeding Basics

June 2, July 7, 2022 | 6:00 – 7:30 p.m.

\$15

Virtual/online via Zoom

This course will help expectant mothers have a better breastfeeding experience by learning how to establish a healthy supply of milk; how to help baby latch; how to know if baby is getting enough milk; different breastfeeding positions and who to call if help is needed.

To register visit aurora.org/events

Keyword: *Breastfeeding Basics*

Or [click here](#)

Or call: 800-499-5736

Or email: communityeducation@aah.org

Bringing Baby Home

July 6, 2022 | 6:00 – 7:00 p.m.

\$10

Virtual/online via Zoom

This class helps families prepare for their baby by covering the essentials of caring for baby during the first few months, including feeding, diapering, comforting, sleep schedules, signs of illness and when to call the pediatrician.

To register visit aurora.org/events

Keyword: *Bringing*

Or [click here](#)

Or call: 800-499-5736

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Infant CPR & Safety

May 25, June 29, July 27, 2022 | 6:00 – 7:00 p.m.

Free

Virtual/online via Zoom

Recommended for expectant parents, parents who are adopting, and grandparents. This non-certification class is recommended for families with infants and small children to learn rescue breathing, CPR, safe sleep guidelines, SIDS reduction strategies, infant/child safety, and more.

To register visit aurora.org/events

Keyword: *Infant CPR & Safety*

Or [click here](#)

Or call: 800-499-5736

Or email: communityeducation@aah.org

Preparing for Labor & Birth

Two-session class:

May 11 & 18 or June 1 & 8 or July 13 & 20, 2022

6:00 – 8:30 p.m.

\$35

Virtual/online via Zoom

This two-session class will teach expectant parents what they need to know to prepare for the childbirth experience including anatomy, the process of labor and delivery, and medical and non-medical care options. Relaxation techniques for coping with contractions will be briefly practiced.

To register visit aurora.org/events

Keyword: *Childbirth*

Or [click here](#)

Or call: 800-499-5736

Or email: communityeducation@aah.org

Please note: Aurora Health Care now has medication drop boxes at the following locations:

- Aurora Medical Center Burlington
- Aurora Lakeland Medical Center, Elkhorn
- Aurora Sinai Medical Center, Milwaukee
- Aurora St. Luke's Medical Center, Milwaukee
- Sixteenth Street Community Health Center, Milwaukee
- Aurora West Allis Medical Center
- Six Points Clinic, West Allis
- Edgerton Clinic, Greenfield



Accepted

Unwanted or expired prescriptions and over-the-counter medications such as pain killers, ointments, patches, non-aerosol sprays, creams, vials, and pet medications.

Not Accepted

Needles, sharps, aerosol cans, inhalers, items containing bodily fluid or blood, personal care products (shampoo, soap, lotion), or household hazardous waste (paint, pesticides, oil, gas).