



Community Offerings

March-April 2020

We encourage you to take part in the classes and community events Advocate Aurora Health offers. We partner 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 take advantage of these opportunities just follow the instructions below. It's easy!

To register, go to www.aurora.org /classes and events.
 Or click on the link to take you to the registration page
 or call 1-800-499-5736. (262-767-7185)

Class/Support/Event	Location + Date + Time	Registration/Hyper link
Diabetes Expo	Aurora Wellness Center- Burlington April 25 @ 9am- 12:00 pm	Diabetic Expo Link
MOM- Mind over Matter bladder and bowel control	Aurora Wellness Center- Burlington April 7 & 21 & May 5 @ 4pm- 6pm	Mind over Matter Link
Walk with a Doc: Whole Self-Care and Wellness	Burlington High School March 21, April 18 @ 8:30am	Walk with a Doc Link
Hospice Alliance Foundation an Evening of Wishes	University of Wisconsin -Parkside March 7, @5:00pm	Evening of Wishes Link
HOPES Center Raising HOPES	Raising HOPES with Talent event on Saturday March 21, 2020 at Siena.	Raising HOPES with Talent Link
Health Care Network Ladies Luncheon	Delta Hotels by Marriott Racine April 24 @ 11:00 am	a Ladies Luncheon with Comedy Sportz Link
Burlington Chocolate Fest	Burlington Festival Park May 22-25	Chocolate Fest Link
2020 Advance Directive Workshops	AHC -Southern Lakes- Burlington April 29, @ 3-4pm	Advanced Directives link
2020 Advance Directive Workshops	Lake Geneva Clinic March 10 @ 3pm	Advanced Directive Link
Babysitting Basics	Aurora Wellness Center- Burlington March 26 @ 8-12pm	Babysitting Basics Link

Babysitting Basics	Aurora Lakeland Medical Center March 23 @ 8-12pm	Babysitting Basics Link
Driver Readiness Program	Clinical Driving Assessments by specially trained Occupational Therapist.	Driver Readiness Link
Infant CPR & Safety for Family & Friends	Aurora Wellness Center- Burlington April 8 @ 6pm- 7:30 pm	Infant CPR Link
Healthy Living with Diabetes	Oak Park Place 1700 S. Teut Rd, Burlington March 23-April 27 @ 1-3:30pm	Healthy Living with Diabetes Link
Powerful Tools for Caregivers	Aurora Health Care Community Education Rm 8400 Washington Ave. Racine WI Mondays April 13- May 18 2:00-3:30 pm	Powerful Tools for Caregivers Link
Healthy Living with Chronic Pain	Aurora Health Center 201 E. Morrissy Dr. Elkhorn, Thursdays May 7- June 1:00-3:30 pm	Healthy Living with Chronic Pain link
Strong Bodies	Aurora Wellness Center- Burlington March 25-May 29 Wednesday & Friday 3:30- 4:30 p.m.	Strong Bodies afternoon Link
Stop the Bleed class	Badger H.S. 220 E South Street, Lake Geneva WI 53147 April 14 @ 6pm	Call 262-348-2006
Healthy Living Exercise Class	Aurora Sports Health Lake Geneva Tuesdays and Thursdays from 10:00-11:00am for 6-week rotation	Healthy Living Exercise Class Link
Alzheimer Support Group	Aurora Wellness Center- Burlington 4 th Wednesday 11:30am-1:00p	Alzheimer support group Link
Art Studio- Open Studio is an art group designed to aid group members in self-expression, relaxation, and personal growth for wellness and healing.	Aurora Wellness Center- Burlington 2 nd and 4 th Mondays, 3:00- 5:00pm - open to past patients and caregivers	Art Studio Link
Considering Weight Loss? Bariatric Surgery Information Seminar	Aurora Wellness Center- Burlington 2 nd Tuesday, Jan, March, May, July, Sept, Nov 3:00pm-5:00pm	Call 262-434-7277 Join Dr. Peter Garza and team
Considering Weight Loss? Bariatric Surgery Information Seminar	Mukwonago Community Library Tuesday, dates vary 4:00pm-5:30pm	Considering Weight Loss? Link Join Dr. Peter Garza and team

Suicide support group – Have you been touched by suicide?	Alternate sites: Aurora Wellness Center & Aurora Lakeland Medical Center 2 nd Tuesday, 6:00 pm	Suicide support group Link
Fibromyalgia Support Group –	Aurora Wellness Center- Burlington 3 rd Monday, 6:00pm-7:30pm	Fibromyalgia support group Link
Harbor of Hope Grief Support Group	Aurora Health Center Lake Geneva clinic, Large Conference Room 1 st Tuesdays, 3:00pm-4:30pm	Call 262-729-0331
Healing After the Loss of a Loved One Due to Addiction	Aurora Wellness Center 2 nd Thursdays, April, June, Aug, Oct, Dec 6:00pm-7:00pm	Healing After the Loss of a Loved One Due to Addiction Link
Healing After the Loss of a Loved One Due to Addiction	Aurora Lakeland Medical Center 2 nd Thursdays, Jan, March, May, July, Sept, Nov 6:00pm-7:00pm	Healing After the Loss of a Loved One Due to Addiction Link
Memory Café Alzheimer’s Association- Racine Co.	Aurora Wellness Center- Burlington 3 rd Friday @ 9:00am-11:00am,	Call 262-212-3596 for more information
Respiratory Support Group	Aurora Medical Center in Burlington 3 rd Tuesday @ 6:00-7:30 pm	Respiratory support group Link
Stroke Support Group	Aurora Lakeland Medical Center 3 rd Monday of every month 1:00pm-2:30pm	Stroke support group Link
Healthy Weight Management Program- HMR	Tuesdays 12 noon-1:00pm for location and more information contact 262.767.8306	Call 767-8306 more information HMR Link
Free Blood Pressure Screening	Aurora Burlington Clinic 2 nd Floor lobby Every Wednesday 8:00-4:30pm	No registration needed
Free Blood Pressure Screening	Love, Inc. 480 S. Pine Street, Burlington (sponsored by AMHB volunteers) on 3 rd Wednesday 9:30 – 11:00 a.m.	No registration needed
Free Blood Pressure Screening	Waterford Senior Center – Whitford Park Pavilion 625 S. 1st St, Waterford, (sponsored by AMHB volunteers) 3 rd Monday of even months 11:00 a.m. – noon.	No registration needed
Free Blood Pressure Screening	Aurora Health Center – Lake Geneva 1 st & 3 rd Thursday, 8:00 – 11:00 a.m.	No registration needed

Baby Care Class	Aurora Lakeland Medical Center	Baby Care Class Link
Breastfeeding Basics	Aurora Lakeland Medical Center	Breastfeeding class Link
Preparing for Labor & Birth: <i>Express Class</i>	Aurora Lakeland Medical Center Saturdays 9-3pm	Childbirth Saturday class Link
Preparing for Labor & Birth: 3-week series	Aurora Lakeland Medical Center @6:30am-8:30pm	Childbirth class 3 evening Link

If you are interested in participating at a future event, presenting on a health topic in the community or would like to include your upcoming Aurora event on this newsletter....

Please contact Community.Education@ah.org.

Have you provided free patient education or a health screening?

Facilitated a support group?

Provided job shadowing? Presented at a community event?

Helped at a booth or resource table at a career fair, expo or health fair?

Make sure to visit *Caregiver Connect* and complete your Community Benefit (eCB) Reporting.