



Community Offerings

February – March 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](http://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
Driver Readiness Program	Clinical Driving Assessments by specially trained Occupational Therapist.	Driver Readiness Link
Walk with a Doc: Whole Health Goal Setting	Burlington High School February 15 @ 8:30am	Walk with a Doc Link
2020 Advance Directive Workshops	Aurora Medical Center- Burlington February 26 @ 3pm	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
Infant CPR & Safety for Family & Friends	Aurora Wellness Center- Burlington March 4 @ 6pm- 7:30 pm	Infant CPR Link
Healthy Living with Diabetes	Aurora Wellness Center- Burlington March 26-April 30 @ 1-3:30pm	Healthy Living with Diabetes Link
MOM- Mind over Matter bladder and bowel control	Aurora Wellness Center- Burlington April 7 & 21 & May 5 @ 4pm- 6pm	Mind over Matter Link

Stepping On - Fall prevention	East Troy Area Intergenerational Community Center Wednesdays, February 5 thru March 18 @ 10 am-12:00 noon	<u>Stepping On Link/ register 262-741-3309</u>
Strong Bodies	Aurora Wellness Center- Burlington Wednesday & Friday 3:30- 4:30 p.m.	<u>Strong Bodies afternoon Link</u>
Stop the Bleed class	Badger H.S. 220 E South Street, Lake Geneva WI 53147	Call 262-348-2006
Healthy Living Exercise Class	Aurora Rehabilitation Center- Lake Geneva Tuesdays and Thursdays from 10:00-11:00am for 6-week rotation	<u>Healthy Living Exercise Class Link</u>
Alzheimer Support Group	Aurora Wellness Center- Burlington 4 th Wednesday 11:30am-1:00p	<u>Alzheimer support group Link</u>
Art Studio- self-exploration through Art and Creativity	Aurora Wellness Center- Burlington 2 nd and 4 th Mondays, 3:00- 5:00pm - open to past patients and caregivers	<u>Art Studio Link</u>
Considering Weight Loss? Bariatric Surgery Information Seminar	Aurora Wellness Center- Burlington 2 nd Tuesday, Jan, March, May, July, Sept, Nov 3:00pm-5:00pm	<u>Call 262-434-7277</u> Join Dr. Peter Garza and team
Considering Weight Loss? Bariatric Surgery Information Seminar	Mukwonago Community Library Tuesday, dates vary 4:00pm-5:30pm	<u>Considering Weight Loss? Link</u> 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	<u>Suicide support group Link</u>
Fibromyalgia Support Group –	Aurora Wellness Center- Burlington 3 rd Monday starting February, 6:00pm-7:30pm	<u>Fibromyalgia support group Link</u>
Harbor of Hope Grief Support Group	Aurora Health Center Lake Geneva clinic, Large Conference Room 1 st Tuesdays, 3:00pm-4:30pm	<u>Call 262-729-0331</u>
Healing After the Loss of a Loved One Due to Addiction	Aurora Wellness Center 2 nd Thursdays, Feb, April, June, Aug, Oct, Dec 6:00pm-7:00pm	<u>Healing After the Loss of a Loved One Due to Addiction Link</u>

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 3rd Friday @ 9:00am-11:00am,	Call 262-212-3596 for more information
Respiratory Support Group	Aurora Medical Center in Burlington 3 rd Tuesday (March thru December) 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	Mondays at 5:30 pm -6:30 pm or Tuesdays 12 noon-1:00pm for location and more information contact 262.767.8306	Call 767-8306 more information
Free Blood Pressure Screening	Aurora Burlington Clinic 2nd 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 3rd 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) 3rd 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