



## 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
<b>Diabetes Expo</b>	<b>Aurora Wellness Center- Burlington April 25 @ 9am- 12:00 pm</b>	<a href="#">Diabetic Expo Link</a>
<b>Driver Readiness Program</b>	<b>Clinical Driving Assessments by specially trained Occupational Therapist.</b>	<a href="#">Driver Readiness Link</a>
<b>Walk with a Doc: Whole Health Goal Setting</b>	<b>Burlington High School February 15 @ 8:30am</b>	<a href="#">Walk with a Doc Link</a>
<b>2020 Advance Directive Workshops</b>	<b>Aurora Medical Center- Burlington February 26 @ 3pm</b>	<a href="#">Advanced Directives link</a>
<b>2020 Advance Directive Workshops</b>	<b>Lake Geneva Clinic March 10 @ 3pm</b>	<a href="#">Advanced Directive Link</a>
<b>Babysitting Basics</b>	<b>Aurora Wellness Center- Burlington March 26 @ 8-12pm</b>	<a href="#">Babysitting Basics Link</a>
<b>Babysitting Basics</b>	<b>Aurora Lakeland Medical Center March 23 @ 8-12pm</b>	<a href="#">Babysitting Basics Link</a>
<b>Infant CPR &amp; Safety for Family &amp; Friends</b>	<b>Aurora Wellness Center- Burlington March 4 @ 6pm- 7:30 pm</b>	<a href="#">Infant CPR Link</a>
<b>Healthy Living with Diabetes</b>	<b>Aurora Wellness Center- Burlington March 26-April 30 @ 1-3:30pm</b>	<a href="#">Healthy Living with Diabetes Link</a>
<b>MOM- Mind over Matter bladder and bowel control</b>	<b>Aurora Wellness Center- Burlington April 7 &amp; 21 &amp; May 5 @ 4pm- 6pm</b>	<a href="#">Mind over Matter Link</a>

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

Healing After the Loss of a Loved One Due to Addiction	Aurora Lakeland Medical Center 2 <sup>nd</sup> Thursdays, Jan, March, May, July, Sept, Nov 6:00pm-7:00pm	<a href="#">Healing After the Loss of a Loved One Due to Addiction Link</a>
Memory Café Alzheimer's Association- Racine Co.	Aurora Wellness Center- Burlington 3 <sup>rd</sup> Friday @ 9:00am-11:00am,	Call 262-212-3596 for more information
Respiratory Support Group	Aurora Medical Center in Burlington 3 <sup>rd</sup> Tuesday (March thru December) 6:00-7:30 pm	<a href="#">Respiratory support group Link</a>
Stroke Support Group	Aurora Lakeland Medical Center 3 <sup>rd</sup> Monday of every month 1:00pm-2:30pm	<a href="#">Stroke support group Link</a>
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	<a href="#">Call 767-8306 more information</a>
Free Blood Pressure Screening	Aurora Burlington Clinic 2 <sup>nd</sup> 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 <sup>rd</sup> 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 <sup>rd</sup> Monday of even months 11:00 a.m. – noon.	No registration needed
Free Blood Pressure Screening	Aurora Health Center – Lake Geneva 1 <sup>st</sup> & 3 <sup>rd</sup> Thursday, 8:00 – 11:00 a.m.	No registration needed
Baby Care Class	Aurora Lakeland Medical Center	<a href="#">Baby Care Class Link</a>
Breastfeeding Basics	Aurora Lakeland Medical Center	<a href="#">Breastfeeding class Link</a>
Preparing for Labor & Birth: <i>Express Class</i>	Aurora Lakeland Medical Center Saturdays 9-3pm	<a href="#">Childbirth Saturday class Link</a>
Preparing for Labor & Birth: 3-week series	Aurora Lakeland Medical Center @6:30am-8:30pm	<a href="#">Childbirth class 3 evening Link</a>