

Community Offerings

July - 2021

Burlington/Walworth Patient Service Community Classes and Events

Aurora Health Care offers a variety of classes to meet your needs in accordance with our **Safe Care Promise**. To register, visit www.aurora.org/events or click on the link to take you to the registration page or call 262-767-7185. **Please view our Safe Care Promise [here](#).**

Class	Location/Date/Time	Registration
Advance Care Planning Workshop This free workshop will address your questions and help you complete an Advance Directive, which allows you to remain in charge of decisions about your medical care, even when you may not be able to speak for yourself.	Aurora Medical Center Burlington August 31, 2021 3:00 – 4:00 p.m. Aurora Lakeland Medical Center - Elkhorn October 26, 2021 3:00 – 4:00 p.m.	To register: Call Chaplain Steve Hrycyniak at 262-741-2961
AARP Smart Driver™ Course <ul style="list-style-type: none">• Defensive driving techniques• Proven safety strategies• New traffic laws, rules of the road, handling left turns, right-of-way, and roundabouts	Aurora Lakeland Medical Center Thursday, September 16, 2021 or Thursday, October 14, 2021 10:00 a.m. – 3:00 p.m.	Fee: \$20 for AARP members \$25 for non-members Click here to register
Stepping On For Racine County Residents This 7-week series can help you avoid a dangerous and costly fall so you can keep doing the things you love to do.	Virtual/Online via Zoom Tuesdays, 9:30 – 10:30 a.m. July 27 – Sept 14, 2021 <i>Sponsored by: Aurora Health Care and The Aging and Disability Resource Center of Racine County</i>	To register call: Ruth at 262-833-8764 or Email: ruth.stauersbol@racinecounty.com For more information, click here
Walk with a Doc Join Dr. Melanie Smith and more Aurora Medical Center doctors for this FREE, fun walking program. Learn about a health topic then enjoy the rest of the hour enjoying a walk with medical providers at your own pace and distance.	Every 3rd Saturday of the month 8:30 – 9:30 a.m. Meet at Burlington High School, 400 McCanna Pkwy, Burlington, WI (meet in front entrance vestibule by flagpole)	Free No registration required. Click here to see monthly topics

Support Groups		
Fibromyalgia Support Group Support group for individuals dealing with the effect of Fibromyalgia. Come join the conversation and learn from one another.	Aurora Medical Center Burlington, Café A/B Meets 3 rd Monday monthly *<u>Starting September 20th</u>* 6:00 – 7:30 p.m.	Free To register , contact Dawn Gruber at 262-971-9317
Respiratory Support Group This group addresses the fears and adjustment faced by those with respiratory disease.	Aurora Medical Center Burlington, Café A/B Meets 3 rd Tuesday monthly *<u>Starting July 20th</u>* 6:00 – 7:30 p.m.	Free Click here to register
Stroke Support Group The Stroke Support Group provides emotional support through opportunities to interact with others who have experienced stroke.	Aurora Lakeland Medical Center, classroom A Meets the 3 rd Monday monthly *<u>Starting July 19th</u>* 1:00 – 2:30 p.m.	Free To register , contact Heidi Barnes at 262-741-2539
Childbirth-related classes		
Breastfeeding Basics Everything you need to know to provide a strong start to breastfeeding your baby.	Virtual/online via Zoom Held monthly 6:00 – 7:30 p.m.	Fee: \$15 Click here to register
Bringing Baby Home Learn about newborn behaviors and care, immunizations, when to call your doctor, child safety and more.	Virtual/online via Zoom Held every other month 6:00 – 7:00 p.m.	Fee: \$10 Click here to register
Childbirth/Preparing for Labor and Birth Essential information and techniques to prepare you for the birth experience.	Virtual/online via Zoom Various locations and times throughout the system	Click here to find a class and register
Infant CPR & Safety Recommended for expectant parents, parents who are adopting and grandparents.	Virtual/online via Zoom Held monthly 6:00 – 7:00 p.m.	Free Click here to register