

# 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](http://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
<b>Advance Care Planning Workshop</b>  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.	<b>Aurora Medical Center Burlington</b>  August 31, 2021 3:00 – 4:00 p.m.  <b>Aurora Lakeland Medical Center - Elkhorn</b>  October 26, 2021 3:00 – 4:00 p.m.	<b>To register:</b>  Call Chaplain Steve Hrycyniak at 262-741-2961
<b>AARP Smart Driver™ Course</b>  <ul style="list-style-type: none"><li>• Defensive driving techniques</li><li>• Proven safety strategies</li><li>• New traffic laws, rules of the road, handling left turns, right-of-way, and roundabouts</li></ul>	<b>Aurora Lakeland Medical Center</b>  Thursday, September 16, 2021 or Thursday, October 14, 2021  10:00 a.m. – 3:00 p.m.	<b>Fee:</b> \$20 for AARP members \$25 for non-members  <a href="#"><b>Click here to register</b></a>
<b>Stepping On</b> 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.	<b>Virtual/Online via Zoom</b>  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>	<b>To register call:</b> Ruth at 262-833-8764 or  <b>Email:</b> <a href="mailto:ruth.stauersbol@racinecounty.com">ruth.stauersbol@racinecounty.com</a>  For more information, <a href="#"><b>click here</b></a>
<b>Walk with a Doc</b>  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.	<b>Every 3<sup>rd</sup> Saturday of the month</b>  8:30 – 9:30 a.m.  Meet at Burlington High School, 400 McCanna Pkwy, Burlington, WI  (meet in front entrance vestibule by flagpole)	<b>Free</b>  No registration required.  <a href="#"><b>Click here to see monthly topics</b></a>

## Support Groups

<p><b>Fibromyalgia Support Group</b> Support group for individuals dealing with the effect of Fibromyalgia. Come join the conversation and learn from one another.</p>	<p><b>Aurora Medical Center Burlington, Café A/B</b> Meets 3<sup>rd</sup> Monday monthly <b>*Starting September 20<sup>th</sup>*</b> 6:00 – 7:30 p.m.</p>	<p><b>Free</b> <b>To register</b>, contact Dawn Gruber at 262-971-9317</p>
<p><b>Respiratory Support Group</b> This group addresses the fears and adjustment faced by those with respiratory disease.</p>	<p><b>Aurora Medical Center Burlington, Café A/B</b> Meets 3<sup>rd</sup> Tuesday monthly <b>*Starting July 20<sup>th</sup>*</b> 6:00 – 7:30 p.m.</p>	<p><b>Free</b> <b>Click here to register</b></p>
<p><b>Stroke Support Group</b> The Stroke Support Group provides emotional support through opportunities to interact with others who have experienced stroke.</p>	<p><b>Aurora Lakeland Medical Center, classroom A</b> Meets the 3<sup>rd</sup> Monday monthly <b>*Starting July 19<sup>th</sup>*</b> 1:00 – 2:30 p.m.</p>	<p><b>Free</b> <b>To register</b>, contact Heidi Barnes at 262-741-2539</p>

## Childbirth-related classes

<p><b>Breastfeeding Basics</b> Everything you need to know to provide a strong start to breastfeeding your baby.</p>	<p><b>Virtual/online via Zoom</b> Held monthly 6:00 – 7:30 p.m.</p>	<p><b>Fee: \$15</b> <b>Click here to register</b></p>
<p><b>Bringing Baby Home</b> Learn about newborn behaviors and care, immunizations, when to call your doctor, child safety and more.</p>	<p><b>Virtual/online via Zoom</b> Held every other month 6:00 – 7:00 p.m.</p>	<p><b>Fee: \$10</b> <b>Click here to register</b></p>
<p><b>Childbirth/Preparing for Labor and Birth</b> Essential information and techniques to prepare you for the birth experience.</p>	<p><b>Virtual/online via Zoom</b> Various locations and times throughout the system</p>	<p><b>Click here to find a class and register</b></p>
<p><b>Infant CPR &amp; Safety</b> Recommended for expectant parents, parents who are adopting and grandparents.</p>	<p><b>Virtual/online via Zoom</b> Held monthly 6:00 – 7:00 p.m.</p>	<p><b>Free</b> <b>Click here to register</b></p>