

Community Education Programs

Aurora Burlington/Walworth Patient Service Community



Spring 2022

****Registration is required for all events unless noted****

Healthy Living with Chronic Pain

Six-session workshop:

Tuesdays, May 17 – June 21, 2022 6:00 – 6:45 p.m.

Free

Convenient, contact-free format via phone conference!

If living with Chronic Pain is keeping you from doing the things you want to do, Healthy Living with Chronic Pain can help by giving you the tools and strategies to manage your pain. This *evidence-based* class meets for 45 minutes once a week for six weeks. Designed for adults dealing with on-going (chronic) pain; teaches skills to effectively manage pain; improves quality of life; better ability to understand pain, gain confidence, and use coping skills.

To register visit aurora.org/events or [click here](#)

Keyword: Pain

Or call: 800-499-5736

Or email: communityeducation@aah.org

Babysitting Basics

Four sessions to choose from:

March 24, March 31, June 13, June 14, 2022

9:00 – 10:00 a.m.

\$10

Zoom workshop for beginning babysitters, ages 9 and older. Participants in this workshop will learn:

- Do's and don'ts of babysitting
- How to handle a baby with care
- Safety hazards
- Basic first aid

To register, visit aurora.org/events or [click here](#)

Keyword: Babysitting

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Walk with a Doc

Every 3rd Saturday of the month
8:30 – 9:30 a.m.

Free

Burlington High School
meet in the front entrance vestibule by the flagpole

Get out, get active & enjoy good conversation. Learn about a current health topic, then spend the rest of the hour enjoying a walk at your own pace and distance with medical providers.

February 19: Gentle Daily Exercises for Fibromyalgia, Dawn Gruber, PTA

March 19: Breathing & Exercise, Jean Goethals, RT

April 16: Osteoporosis, Theresa Hewitt, NP

May 21: Lifestyle Modifications for Health,
Lia Herman, NP

Registration is not required for this event.

Blood Pressure Clinic

Every Wednesday
8:00 a.m. – 12:00 p.m. and 1:00 – 4:30 p.m.

Free

Aurora Medical Center Burlington

Appointments are required.

To make an appointment, call:
262-767-8000

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Support Groups

Art Therapy Open Studio

February 14, 28, March 14, 28, April 11, 25,
May 9, 23, 2022
3:00 – 5:00 p.m.

Free

Aurora Wellness Center Burlington
Classroom B

Designed to aid group members in self-expression, relaxation, and personal growth. Facilitated by a credentialed Art Therapist.

No experience necessary. All supplies provided.

To register:

call Jenna at: 414-313-1480

Fibromyalgia Support Group

3rd Monday of the month (*see below)
6:00 – 7:30 p.m.

Free

Aurora Medical Center Burlington

Support group for individuals dealing with the effect of Fibromyalgia. Come join the conversation and learn from one another.

***Currently on hold. If you would like to be notified when this group resumes, please call: 800-499-5736 or email: communityeducation@aah.org**

Respiratory Support Group

3rd Tuesday of the month (*see below)
6:00 – 7:30 p.m.

Free

Aurora Medical Center Burlington

This group addresses the fears and adjustment faced by those with respiratory disease.

To register visit aurora.org/events

Category: Support Group

Or call: 800-499-5736

Or email: communityeducation@aah.org

***Currently on hold. If you would like to be notified when this group resumes, please call: 800-499-5736 or email: communityeducation@aah.org**

Stroke Support Group

February 21, March 21, April 18, May 16, 2022
1:00 – 2:30 p.m.

Free

Aurora Lakeland Medical Center
Classroom A

The Stroke Support Group provides emotional support through opportunities to interact with others who have experienced stroke.

To register:

Contact Heidi Barnes at 262-741-2539.

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Prenatal Education

Breastfeeding Basics

March 3, April 7, May 5, 2022
6:00 – 7:30 p.m.

\$15

Virtual/online via Zoom

This course will help expectant mothers have a better breastfeeding experience by learning how to establish a healthy supply of milk; how to help baby latch; how to know if baby is getting enough milk; different breastfeeding positions and who to call if help is needed.

To register visit aurora.org/events

Keyword: Breastfeeding Basics

Or [click here](#)

Or call: 800-499-5736

Or email: communityeducation@aah.org

Bringing Baby Home

March 2, May 4, 2022
6:00 – 7:00 p.m.

\$10

Virtual/online via Zoom

This class helps families prepare for their baby by covering the essentials of caring for baby during the first few months, including feeding, diapering, comforting, sleep schedules, signs of illness and when to call the pediatrician.

To register visit aurora.org/events

Keyword: Bringing

Or [click here](#)

Or call: 800-499-5736

Or email: communityeducation@aah.org

Infant CPR & Safety

February 23, March 30, April 27, May 25, 2022
6:00 – 7:00 p.m.

Free

Virtual/online via Zoom

Recommended for expectant parents, parents who are adopting, and grandparents. This non-certification class is recommended for families with infants and small children to learn rescue breathing, CPR, safe sleep guidelines, SIDS reduction strategies, infant/child safety, and more.

To register visit aurora.org/events

Keyword: Infant CPR & Safety

Or [click here](#)

Or call: 800-499-5736

Or email: communityeducation@aah.org

Preparing for Labor & Birth

Two-session class:

February 9 & 16, 2022 March 9 & 16, 2022
April 13 & 20, 2022 May 11 & 18, 2022

6:00 – 8:30 p.m.

\$35

Virtual/online via Zoom

This two-session class will teach expectant parents what they need to know to prepare for the childbirth experience including anatomy, the process of labor and delivery, and medical and non-medical care options. Relaxation techniques for coping with contractions will be briefly practiced.

To register visit aurora.org/events

Keyword: Childbirth

Or [click here](#)

Or call: 800-499-5736

Or email: communityeducation@aah.org