

MARCH 2009

COMMUNITY LIFE ENHANCEMENT CALENDAR

www.bchealth.com

300 North Avenue • Battle Creek, Michigan 49017

Health Education

- **Asthma Class** call (269) 966-8450
- **Diabetes Classes**
Morning: March 10 & 12, 16 & 18 • 9:00 a.m.-12:30 p.m.
Afternoon: March 23 & 25 • 1:00-4:30 p.m.
Evening: March 2, 3 & 4; 30, 31 & April 1 • 6:00-8:30 p.m.
Pre-diabetes class **March 18**, 6:00-8:00 p.m.
Must call for individualized health assessment prior to classes.
(269) 966-8190

Support Groups

- **Bereavement (All Ages)**
3rd Monday, **March 16**, 10:30 a.m-noon, (269) 731-4363
- **Breast Cancer Survivors**
Last Thursday, **March 26**, 6:00-7:30 p.m., (269) 274-5084
- **Cancer – Lifeguard**
1st Thursday, **March 5**, 6:00-7:30 p.m., (269) 966-8056
- **Congestive Heart Failure**
1st Wednesday, **March 4**, 1:00-3:00 p.m., (269) 966-8199
- **CPAP (Continuous Positive Airway Pressure)**
3rd Thursday, **March 19**, 6:30 p.m., (269) 964-5344
- **Diabetes – Carry-On**
3rd Thursday, **March 19**, 9:00-10:00 a.m., (269) 966-8190
- **Look Good, Feel Better**
1st Thursday, **March 5**, cosmetic advice to women receiving cancer treatment, 5:30-7:00 p.m., reservations required, (269) 966-8647
- **Sexual Assault**
(269) 660-3925 or 24-hour crisis line 1-888-383-2192
- **Smoking Cessation**
(269) 966-8438 for more information about smoking cessation.
- **T.O.P.S. Chapter 260**
Tuesdays, 6:30-8:00 p.m., (269) 968-9430

Childbirth Education

(Register online www.bchealth.com or call (269) 966-8019.)

- **Birth Center Tour**
1st Wednesday, **March 4**, 6:30 and 7:30 p.m., (269) 966-8019
- **Breast Feeding Class**
Helping mothers to prepare for breast feeding their newborn infants,
(269) 966-8019
- **Child Birth Classes**
Call (269) 966-8019
- **New Brother/New Sister – Starting Together**
1st Thursday, **March 5**, 6:30-8:00 p.m. , (269) 966-8019
- **Postpartum Support Group**
Peer-to-peer support group for women dealing with postpartum mood disorders. Held every other week, **March 2 and 30**, (269) 964-5868

Aging Well Programs

- 3/4 **Dr. Travis Terrell**, Obstetrician & Gynecologist, Minimally Invasive Options for Women Facing Hysterectomy, Bravo Restaurant, Portage, MI, **6:30 p.m.**
- 3/5 **Dr. Joseph Burkhardt**, Orthopaedic Surgeon, Osteoarthritis & Hip Resurfacing, Ransom District Library, Plainwell, MI, **6:00 p.m.**
- 3/12 **Dr. Mahesh Karamchandani**, Colorectal Surgeon, Keeping Your Colon Healthy - Preventing & Treating Colorectal Cancer, Burnham Brook Center, Battle Creek, MI, **Noon**
- 3/19 **Dr. Lakshmi Kocharla**, Rheumatologist, Rheumatoid Arthritis - Maintain Healthy and Normal Lifestyle, Burnham Brook Center, Battle Creek, MI, **Noon**
- 3/26 **Dr. Kurt Barrett**, Family Medicine, GERD - The Surprising Source of Many Physical Disorders, Burnham Brook Center, Battle Creek, MI, **Noon**
- 3/26 **Dr. Michael Langworthy**, Orthopaedic Surgeon, Osteoarthritis: Taking Treatment to a New Level, Delton Public Library, Delton, MI, **6:30 p.m.**

Aging Well educational programs are free and open to the public. Seating is limited. To register call toll free **1-877-GO2-BCHS (877-462-2247)**.

For information regarding scheduled classes or to confirm starting time and location call the number listed or (269) 966-8000.

BATTLE CREEK  HEALTH SYSTEM

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