



# Community Life Enhancement Calendar

## JANUARY 2010

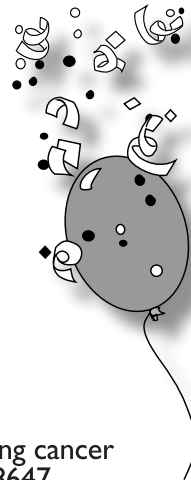
300 North Avenue • Battle Creek, Michigan 49017 • [www.bchealth.com](http://www.bchealth.com)

### Health Education

- **Asthma Class** call (269) 966-8450
- **Diabetes Classes**  
**Morning: January 11, 12 & 13; 18, 20 & 22** • 9:00 a.m.-12:00 p.m.  
**Afternoon: January 25, 26 & 27** • 1:00-4:00 p.m.  
**Evening: January 5, 6 & 7** • 6:00-9:00 p.m.  
 Pre-diabetes class **January 11** • 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, **January 17**, 10:30 a.m.-noon, (269) 731-4363
- **Breast Cancer Survivors**  
Last Thursday, **January 28**, 6:00-7:30 p.m., (269) 274-5084
- **Cancer – Lifeguard**  
1st Thursday, **January 7**, 6:00-7:30 p.m., (269) 966-8056
- **Congestive Heart Failure**  
1st Wednesday, **January 6**, 1:00-3:00 p.m., (269) 966-8199
- **CPAP (Continuous Positive Airway Pressure)**  
3rd Thursday, **January 21**, 6:30 p.m., (269) 964-5344
- **Diabetes – Carry-On**  
3rd Thursday, **January 21**, 9:00-10:00 a.m., (269) 966-8190
- **Look Good, Feel Better**  
1st Thursday, **January 7**, 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](http://www.bchealth.com) or call (269) 966-8019.)

- **Birth Center Tour**  
1st Wednesday, **January 6**, 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 Thurs., **January 7**, 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, **January 11 and 25**,  
(269) 964-5868



### Aging Well Programs

(Taking a break for January, check this publication for future program announcements.)

### Preventing the Flu

To help protect you and your family from getting the flu, the Centers for Disease Control and Prevention (CDC) recommends the following tips to stop germs from spreading:

- Cover your nose and mouth with a tissue when you cough or sneeze, and throw the tissue away after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. If you are not near water, use an alcohol-based hand cleaner.
- Stay away from people who are sick as much as you can.
- If you get the flu, stay home from work or school. If you are sick, keep your distance from other people so you don't make them sick.
- Try not to touch your eyes, nose, or mouth; germs often spread this way.
- Take antiviral drugs if your doctor says you need them.

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

BATTLE CREEK  HEALTH SYSTEM

Sponsored by Trinity Health and BCHS Community Partners