



Community Life Enhancement Calendar

FEBRUARY 2010

300 North Avenue • Battle Creek, Michigan 49017 • www.bchealth.com

Health Education

- **Asthma Class** call (269) 966-8450
- **Diabetes Classes**
Morning: February 9, 10 & 11; 15, 16 & 17 • 9:00 a.m.-12:00 p.m.
Afternoon: February 22, 23 & 24 • 1:00-4:00 p.m.
Evening: February 2, 3 & 4 • 6:00-9:00 p.m.
 Must call for individualized health assessment prior to classes.
 (269) 966-8190

Support Groups

- **Bereavement (All Ages)**
 3rd Monday, **February 15**, 10:30 a.m-noon, (269) 731-4363
- **Breast Cancer Survivors**
 Last Thursday, **February 25**, 6:00-7:30 p.m., (269) 274-5084
- **Cancer – Lifeguard**
 1st Thursday, **February 4**, 6:00-7:30 p.m., (269) 966-8056
- **Congestive Heart Failure**
 1st Wednesday, **February 3**, 1:00-3:00 p.m., (269) 966-8199
- **CPAP (Continuous Positive Airway Pressure)**
 3rd Thursday, **February 18**, 6:30 p.m., (269) 964-5344
- **Diabetes – Carry-On**
 3rd Thursday, **February 18**, 9:00-10:00 a.m., (269) 966-8190
- **Look Good, Feel Better**
 1st Thursday, **February 4**, 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

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

Childbirth Education

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

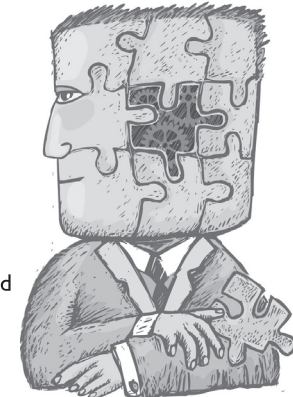
- **Birth Center Tour**
 1st Wednesday, **February 3**, 6:30 and 7:30 p.m., (269) 966-8019
- **Breast Feeding Class**
 Helping mothers to prepare for breast feeding their newborn infants,
 (269) 966-8019
- **Child Birth Classes**
 Call (269) 966-8019
- **New Brother/New Sister – Starting Together**
 1st Thurs., **February 4**, 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, **February 8 and 22**, (269) 964-5868

Aging Well Programs

‘Training the Aging Brain’
 Wednesday, February 24
James W. Gandy, D.O.
Board-Certified Psychiatrist
 12:00 Noon

A light luncheon will be served at 11:30 a.m. followed by the presentations at noon. The program, which is free to the public, is sponsored through Senior Health Partners in coordination with Battle Creek Health System. Seating is limited. Reservations can be made by calling the class/seminar registration line at –

877-GO2-BCHS (877-462-2247)



BATTLE CREEK  HEALTH SYSTEM

Sponsored by Trinity Health and BCBS Community Partners