

APRIL 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: April 6 & 8; 14 & 15 • 9:00 a.m.-12:30 p.m.
Afternoon: April 21 & 23 • 1:00-4:30 p.m.
Evening: April 27, 28 & 29 • 6:00-8:30 p.m.
Pre-diabetes class **April 23**, 7:00-9:00 p.m.
Must call for individualized health assessment prior to classes.
(269) 966-8190

Support Groups

- **Bereavement (All Ages)**
3rd Monday, **April 20**, 10:30 a.m-noon, (269) 731-4363
- **Breast Cancer Survivors**
Last Thursday, **April 30**, 6:00-7:30 p.m., (269) 274-5084
- **Cancer – Lifeguard**
1st Thursday, **April 2**, 6:00-7:30 p.m., (269) 966-8056
- **Congestive Heart Failure**
1st Wednesday, **April 1**, 1:00-3:00 p.m., (269) 966-8199
- **CPAP (Continuous Positive Airway Pressure)**
3rd Thursday, **April 16**, 6:30 p.m., (269) 964-5344
- **Diabetes – Carry-On**
3rd Thursday, **April 16**, 9:00-10:00 a.m., (269) 966-8190
- **Look Good, Feel Better**
1st Thursday, **April 2**, 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, **April 1**, 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, **April 2**, 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, **April 13 and 27**, (269) 964-5868

Aging Well Programs

Noon Meetings

- 4/2 **Dr. Tarek Elshaarawy**, Vascular Surgeon, 'Maintaining Good Vascular Health,' Burnham Brook Center, Battle Creek, MI, Noon
- 4/23 **Dr. William Wentworth**, Podiatric Surgery, 'Diabetic Foot Care,' Burnham Brook Center, Battle Creek, MI, Noon

Evening Meeting

- 4/22 **Dr. Sue Tobin**, Medical Oncologist/Hematologist, 'Breast Cancer,' Forks Senior Center, 1418 Cooper St., Albion MI, 6-7 p.m.

All sessions are free, but seating is limited. Light lunch at 11:30 a.m. followed by noon presentation for afternoon meetings. Please RSVP today at:

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

BATTLE CREEK  HEALTH SYSTEM

Sponsored by TRINITY  HEALTH and BCHS Community Partners

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