



# Community Life Enhancement Calendar

MAY 2009

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: May 12 & 14; 27 & 28** • 9:00 a.m.-12:30 p.m.  
**Afternoon: May 19 & 20** • 1:00-4:30 p.m.  
**Evening: May 5, 6 & 7** • 6:00-8:30 p.m.  
Pre-diabetes class **May 11**, 1:00-3:00 p.m.  
Must call for individualized health assessment prior to classes.  
(269) 966-8190

## Support Groups

- **Bereavement (All Ages)**  
3rd Monday, **May 18**, 10:30 a.m-noon, (269) 731-4363
- **Breast Cancer Survivors**  
Last Thursday, **May 28**, 6:00-7:30 p.m., (269) 274-5084
- **Cancer – Lifeguard**  
1st Thursday, **May 7**, 6:00-7:30 p.m., (269) 966-8056
- **Congestive Heart Failure**  
1st Wednesday, **May 6**, 1:00-3:00 p.m., (269) 966-8199
- **CPAP (Continuous Positive Airway Pressure)**  
3rd Thursday, **May 21**, 6:30 p.m., (269) 964-5344
- **Diabetes – Carry-On**  
3rd Thursday, **May 21**, 9:00-10:00 a.m., (269) 966-8190
- **Look Good, Feel Better**  
1st Thursday, **May 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, **May 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 Thursday, **May 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, **May 11** and **25**, (269) 964-5868

## Aging Well Programs

- May 6 Paul Ernest, M.D.**, Ophthalmologist, *Premium Lens Choices for Cataract Surgery: Choosing the Best Option*, Noon-1 p.m., Burnham Brook, Battle Creek, MI
- May 21 Patrick Sweeney, M.D.**, Urologist, *Updates in Treating Urinary Incontinence/Bladder Control Issues*, Noon-1 p.m., Burnham Brook, Battle Creek, MI
- May 21 Joseph Burkhardt, D.O.**, Orthopaedic Surgeon, *Custom Fit Knee Replacement*, 6:30-7:30 p.m., Delton District Library, 330 North Grove Street, Delton, MI
- May 28 Michael Langworthy, M.D.**, Orthopaedic Surgeon, *Osteoarthritis - Taking Treatment to a New Level*, 6:30-7:30 p.m., Delton District Library, 330 North Grove Street, Delton, MI
- May 29 Janet Meyer, M.D.**, Geriatrician, *Managing Your Medications*, Noon-1 p.m., Burnham Brook during the Active Aging Day Health Fair, Battle Creek, MI

All sessions are free, but seating is limited. 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.