



Community Life Enhancement Calendar

JUNE 2009

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

Health Education

- **Asthma Class** call (269) 966-8450
- **Diabetes Classes**
Morning: June 8 & 10; 22 & 24 • 9:00 a.m.-12:30 p.m.
Afternoon: June 16 & 17 • 1:00-4:30 p.m.
Evening: June 2, 3 & 4; 29, 30 & July 1 • 6:00-8:30 p.m.
Pre-diabetes class **June 16**, 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, **June 15**, 10:30 a.m.-noon, (269) 731-4363
- **Breast Cancer Survivors**
Last Thursday, **June 25**, 6:00-7:30 p.m., (269) 274-5084
- **Cancer – Lifeguard**
1st Thursday, **June 4**, 6:00-7:30 p.m., (269) 966-8056
- **Congestive Heart Failure**
1st Wednesday, **June 3**, 1:00-3:00 p.m., (269) 966-8199
- **CPAP (Continuous Positive Airway Pressure)**
3rd Thursday, **June 18**, 6:30 p.m., (269) 964-5344
- **Diabetes – Carry-On**
3rd Thursday, **June 18**, 9:00-10:00 a.m., (269) 966-8190
- **Look Good, Feel Better**
1st Thursday, **June 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

Childbirth Education

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

- **Birth Center Tour**
1st Wednesday, **June 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 Thursday, **June 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, **June 8 and 22**, (269) 964-5868

Aging Well Programs

- June 4 Lakshmi Kocharla, M.D.**, Board Certified Internal Medicine & Rheumatology, 'Fibromyalgia,' Burnham Brook, Noon – 1 p.m.
- June 9 Joseph Burkhardt, D.O.**, Board Certified Orthopaedic Surgeon, 'New Advancements in Knee Surgery,' Burnham Brook, Noon-1 p.m.
- June 24 Tammy Gleeson, D.O.**, Board Certified Cardiovascular Thoracic Surgeon, 'New Options in Treating Lung Disease with da Vinci Surgical Robotics,' Burnham Brook, Noon – 1 p.m.

All sessions are free, but seating is limited. Please RSVP today at:

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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