



# Community Life Enhancement Calendar

OCTOBER 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: October 5 & 7; 13 & 14** • 9:00 a.m.-12:30 p.m.  
**Afternoon: October 28 & 29** • 1:00-4:30 p.m.  
**Evening: October 19, 20 & 21** • 6:00-8:30 p.m.  
 Pre-diabetes class **October 20** • 1:00-3:00 p.m.  
 Must call for individualized health assessment prior to classes.  
 (269) 966-8190

## Support Groups

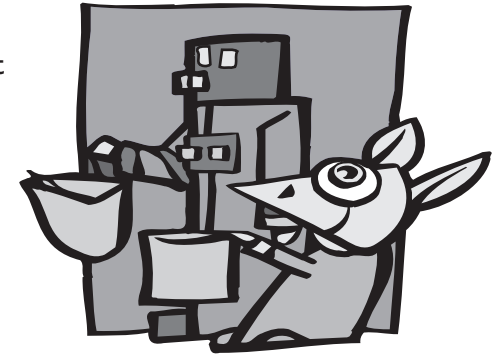
- **Bereavement (All Ages)**  
 3rd Monday, **October 19**, 10:30 a.m.-noon, (269) 731-4363
- **Breast Cancer Survivors**  
 Last Thursday, **October 29**, 6:00-7:30 p.m., (269) 274-5084
- **Cancer – Lifeguard**  
 1st Thursday, **October 1**, 6:00-7:30 p.m., (269) 966-8056
- **Congestive Heart Failure**  
 1st Wednesday, **October 7**, 1:00-3:00 p.m., (269) 966-8199
- **CPAP (Continuous Positive Airway Pressure)**  
 3rd Thursday, **October 17**, 6:30 p.m., (269) 964-5344
- **Diabetes – Carry-On**  
 3rd Thursday, **October 15**, 9:00-10:00 a.m., (269) 966-8190
- **Look Good, Feel Better**  
 1st Thursday, **October 1**, 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](http://www.bchealth.com) or call (269) 966-8019.)

- **Birth Center Tour**  
 1st Wednesday, **October 7**, 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, **October 1**,  
 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, **October 12 and 26**,  
 (269) 964-5868



## Aging Well Programs

- Oct. 14** **Gregory Harrington, DO**, Board-Certified, Internal Medicine, Infectious Diseases & Pulmonary Medicine, Noon-1 p.m.,  
*Influenza & H1N1 - Are You Prepared?* Burnham Brook
- Oct. 21** **Wendy French, DO**, Board-Certified Oncology/Hematology & **Kerri Murray, MD**, Board-Certified General Surgery, Noon-1 p.m.,  
*Breast Cancer - New Approaches in Conquering this Disease*, Burnham Brook

The programs, which are free to the public, are sponsored through Senior Health Partners in coordination with Battle Creek Health System. A lunch will be served at 11:30 a.m. followed by the presentation at noon. 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