



# Community Life Enhancement Calendar

NOVEMBER 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: November 3 & 5; 9 & 11** • 9:00 a.m.-12:30 p.m.  
**Afternoon: November 23 & 24** • 1:00-4:30 p.m.  
**Evening: November 16, 17 & 18** • 6:00-8:30 p.m.  
 Pre-diabetes class **November 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, **November 16**, 10:30 a.m.-noon, (269) 731-4363
- **Breast Cancer Survivors**  
3rd Thursday (*November and December only*), **November 19**,  
6:00-7:30 p.m., (269) 274-5084
- **Cancer – Lifeguard**  
1st Thursday, **November 5**, 6:00-7:30 p.m., (269) 966-8056
- **Congestive Heart Failure**  
1st Wednesday, **November 4**, 1:00-3:00 p.m., (269) 966-8199
- **CPAP (Continuous Positive Airway Pressure)**  
3rd Thursday, **November 19**, 6:30 p.m., (269) 964-5344
- **Diabetes – Carry-On**  
3rd Thursday, **November 19**, 9:00-10:00 a.m., (269) 966-8190
- **Look Good, Feel Better**  
1st Thursday, **November 5**, 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, **November 4**,  
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, **November 5**,  
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, **November 9 and 23**,  
(269) 964-5868



## Aging Well Programs

- Nov. 12 Lakshmi P. Kocharla, M.D.**, Rheumatologist, Practices at Associated  
Internal Medicine Specialists, P.C., **Fibromyalgia: Common Causes and  
Treatment Options**, 3:00 p.m to 4:00 p.m., Tendercare of Albion Health  
Center, 1000 W. Erie Street, Albion, MI 49224
- Nov. 20 Clark P. Johnson, DPM**, Podiatrist; **Tarek Elshaarawy, M.D.**, Vascular  
Surgeon, Practices at Mercy Community Physicians, **Diabetic Foot:  
Physician Panel**, Burnham Brook, 11:30 a.m. to 1 p.m. Lunch Provided

The programs, which are free to the public, are 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