



# LEARN

Join us and learn how you can start living a healthier life! Pick the program that's right for you and register today.

For information regarding scheduled classes or to confirm starting time and location call the number listed or (269) 245-8000

## Bronson Battle Creek Programs & Events – September 2011

### Health Education

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- **Asthma Class**, Call (269) 245-8450
- **Diabetes Classes**  
Room 308 in Medical Office Building  
Morning: 9 a.m.- Noon.  
Sept. 12, 13 and 14  
Afternoon: 1 - 4 p.m.  
Sept. 19, 20 and 21  
Evening: 6 - 9 p.m.  
Sept. 26, 27 and 28  
Must call (269) 245-8190 for individualized health assessment before class.
- **Pre-Diabetes Class**  
Room 309 in Medical Office Building  
Sept. 22, 6 - 8 p.m.  
Fee: \$25 per couple  
RSVP (269) 245-8190

### Support Groups

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- **Bereavement** (All Ages)  
3rd Monday, Sept. 19,  
10:30 a.m. - noon, Call (269) 731-4363
- **Breast Cancer Survivors**  
4th Thursday, Sept. 22, 6 - 7:30 p.m.,  
Call (269) 274-5084
- **Cancer – Lifeguard**  
1st Thursday, Sept. 1, 6 - 7:30 p.m.,  
Call (269) 245-8056
- **Colon Cancer & Ostomy**  
3rd Wednesday, Sept. 21, 6 - 7 p.m.,  
Call (269) 720-6814

### • CPAP

(Continuous Positive Airway Pressure)  
3rd Thursday, Sept. 15, 6:30 p.m.,  
Call (269) 245-5344

### • Diabetes – Carry-On

3rd Thursday, Sept. 15, 9 - 10 a.m.,  
Call (269) 245-8190

### • Look Good, Feel Better

Cosmetic advice to women receiving cancer treatment  
1st Thursday, Sept. 1, 5:30 - 7 p.m.,  
RSVP (269) 245-8647

### • T.O.P.S. Chapter 260

Tuesdays, 6:30 - 8 p.m., (269) 968-9430

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### Childbirth Education

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#### • Birth Center Tour

1st Wednesday, Sept. 7, 6:30 and 7:30 p.m.,  
Call (269) 245-8019

#### • Breastfeeding Class

Helping mothers to prepare for breastfeeding their newborn infants,  
Call (269) 245-8019

#### • Childbirth Classes

Call (269) 245-8019

#### • New Brother/New Sister – Starting Together

1st Thursday, Sept. 1, 6:30 - 8 p.m.,  
Call (269) 245-8019

### • Postpartum Support Group

Peer-to-peer support group for women dealing with postpartum mood disorders.  
Sept. 12 and 26, Call (269) 245-5868

### + Special Programming

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Program: **Lupus and Similar Autoimmune Diseases**

Presenter: **Lakshmi Kocharla, M.D., Rheumatologist**

Date: **Friday, September 16**

Time: **11:30 a.m. - 1 p.m.**  
– light luncheon provided

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Program: **Memory Loss - Not a Normal Part of Aging**

Presenter: **Gary Wortz, M.D.**

Date: **Tuesday, September 20**

Time: **5:30 – 7 p.m.**

Both events are held at Burnham Brook. Seating is limited. RSVP by calling (877) 462-2247.

 **BRONSON**  
Battle Creek

[bronsonbattlecreek.com](http://bronsonbattlecreek.com)