

# In The Community

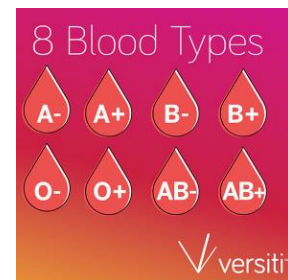
Burlington/Walworth: March 2025 - May 2025

## Upcoming Events

Class and/or events	Date / time	Location	More information
Blood Drives	Mar 19, 12pm-4:30pm April 24, 8am-1pm	Aurora Lakeland Medical Center	Visit Versiti for more information: <a href="#">Versiti Blood Center of Wisconsin - Donor Portal</a>
Blood Drives	Mar 18 9am-2pm	Aurora Medical Center Burlington	Visit Versiti for more information: <a href="#">Versiti Blood Center of Wisconsin - Donor Portal</a>

### Blood Drives

Approximately 38% of the population is eligible to donate blood yet less than 5% Culvers. Everyday patients in our communities need red blood cells, platelets and plasma to keep them feeling healthy and strong. The blood you donate today ensures there is enough for tomorrow. Contact [Adriana.Ballesteros@aah.org](mailto:Adriana.Ballesteros@aah.org) for more information.



\*\*Dates and times subject to change.

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# In The Community

Burlington/Walworth: March 2025 - May 2025

## Upcoming Classes

Class and/or events	Date / time	Location	More information
Childbirth and Beyond Classes	Ongoing	Virtual	Visit <a href="http://aurora.org/events">aurora.org/events</a> or scan QR code below
Safe Sitter Essentials	March 8 9am - 2pm	Aurora Lakeland Medical Center	<a href="http://aurora.org/events">aurora.org/events</a> Keyword: babysitting Cost: \$25
Stepping On (Falls Prevention)	Various Dates	Various Locations	See next page for more information
Healthy Living with Chronic Pain	May 6 - June 10	Telephonic	Visit <a href="http://aurora.org/events">aurora.org/events</a> or scan QR code below

### Childbirth and Beyond classes

Preparing for your newest addition through our ongoing classes including Preparing for Labor and Birth, Bringing Baby Home, Breastfeeding Basics, and Infant CPR & Safety. *NEW FORMAT* starting in March, the class is still virtual; however, you will receive a book sent to your home for you to keep.

### Safe Sitter Essentials

This course is designed to prepare students to be safe when they are home alone, watching younger siblings, or babysitting. Students learn how to practice important safety skills, handle emergencies, care for children, and treat illness and injuries.

### To register:

Visit [aurora.org/events](http://aurora.org/events) or scan QR code below.



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## 2025 Stepping On Classes

7 weeks. 14 hours.  
Reduce your risk for falls.

In Stepping On workshops, we take **fall prevention** step by step. You'll learn how to build and maintain the physical strength and balance you need to walk confidently. From footwear to prescriptions, you'll learn what increases your risk of a fall, how to avoid it, and make an individualized action plan to stay on your feet and living life the way you want.

**\$10 per series**

### **Aurora Wellness Center**

Series 1: 3/19/25 to 4/30/25  
1:30 – 3:30pm

### **Aurora Lakeland Medical Center**

Series 2: 6/24/25 to 8/5/25  
10:00am – Noon

### **Aurora Medical Center Burlington**

Series 3: 10/1/25 to 11/19/25  
10:00am – Noon

*\*\*There is a booster session approx. 3 months after the last session of each class.*

**To register:**

Visit [aurora.org/events](https://aurora.org/events) or scan QR code below.



*\*\*Please reach out to Meredith Londo at [Meredith.londo@aah.org](mailto:Meredith.londo@aah.org) for more information.\*\**

 **Aurora Health Care**<sup>®</sup>

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**Upcoming Classes**

# In The Community

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Ongoing offerings

## Walk with a Doc

Get out, get active & enjoy good conversation. Learn about a current health topic, then spend the rest of the hour enjoying a walk at your own pace and distance with a medical provider. *Free, no registration required*

**Burlington:  
3<sup>rd</sup> Saturday of the Month 8:30AM-9:30AM**

Aurora Wellness Center  
300 McCanna Pkwy.

*Meet in lobby*

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## Wisconsin Parkinson Association Movement and Music Exercise Class

FREE class for people with Parkinson disease. The class incorporates stretches, strength training, posture, balance and walking drills, as well as vocal exercises. Manage your Parkinson's symptoms and improve the quality of your daily life while having fun! Modifications will be provided to ensure a safe and effective setting for all participants. Caregivers are also welcome! To register: email [mail@wiparkinson.org](mailto:mail@wiparkinson.org) or call 414-312-6990.

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## Ongoing offerings

### **Stroke Support Group**

This support group provides emotional support through opportunities to interact with others who have experienced a stroke. Informational programs will also be provided on topics related to stroke/brain attack. The group welcomes new diagnosed individual, those with a history of stroke and caregiver. Meetings are 1:00-2:30pm on the following 2025 dates:

- Culver's in Elkhorn – 6/16
- Someplace Else in Elkhorn – 12/15
- Aurora Lakeland Medical Center – 4/21, 8/18, 10/20 (Lower level conference room)

Contact Haley Bryant or Abby Morman at 262-741-2539 for more information.

### **Memory Café**

Memory Café is a comfortable social gathering that allows people experiencing memory loss and a loved one to connect, socialize, and build new support networks.

Free at the Aurora Wellness Center, Classroom C.

*For information, or first-time attendees, please contact Chad at 262-212-3596 or email [csutkay@touchinghearts.com](mailto:csutkay@touchinghearts.com)*

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**For more information on classes:**

**Visit:** [www.aurorahealthcare.org/classes-events/](http://www.aurorahealthcare.org/classes-events/)

**Call:** 262-743-3431

**Scan:** the QR code



**Please note: Aurora Health Care has medication drop boxes at:**

- Aurora Medical Center Burlington
- Aurora Lakeland Medical Center, Elkhorn

To find another medication drop box in your area, please visit: [Dose of Reality: Permanent Drug Drop Boxes | Wisconsin Department of Health Services](#)



Accepted	Not Accepted
Unwanted or expired prescriptions and over-the-counter medications such as pain killers, ointments, patches, non-aerosol sprays, creams, vials, and pet medications.	Needles, sharps, aerosol cans, inhalers, items containing bodily fluid or blood, personal care products (shampoo, soap, lotion), or household hazardous waste (paint, pesticides, oil, gas).

*If you are interested in presenting a health topic for the community, please contact us at [communityeducation@aah.org](mailto:communityeducation@aah.org)*



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