

In The Community

Burlington/Walworth: Dec 2025 – Feb 2026

Upcoming Classes

Class	Date / time	Location	More information
Childbirth and Beyond Classes	Ongoing	Virtual	See next page
Safe Sitter Essentials (babysitting)	TBD	Aurora Wellness Center Burlington	See Below Keyword: babysitting
Stepping On (falls prevention)	TBD	TBD	See Below Keyword: stepping
Heartsaver FA/CPR/AED	TBD	TBD	See Below Keyword: CPR

To register:

Visit aurora.org/events or scan QR code below.



*****2026 classes are currently being scheduled*****

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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 (all virtual). Labor Comfort Techniques (in person).

Safe Sitter Essentials

This course is designed to prepare students to be safe when they are home alone, watching younger siblings, or babysitting.

Stepping On

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.

Heartsaver FA/CPR/AED

This course is geared towards anyone with little or no medical training who wants to be prepared for an emergency. Upon successful completion students receive a card valid for two years.

To register:

**Visit aurora.org/events
or scan QR code below.**



****Please reach out to Meredith Londo at Meredith.londo@aah.org for more information.****



Aurora Health Care

Upcoming Classes

In The Community

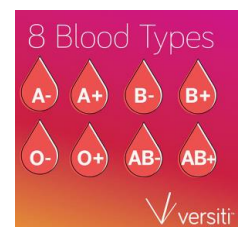
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Upcoming Events

Class and/or events	Date / time	Location	More information
Blood Drives	Dec 16, 9:30am-2:00pm	Aurora Lakeland Medical Center	Visit Versiti for more information: Versiti Blood Center of Wisconsin - Donor Portal
Blood Drives	Jan 14, 1:00pm-5:00pm	Aurora Southern Lakes	Visit Versiti for more information: Versiti Blood Center of Wisconsin - Donor Portal
Blood Drives	TBD	Aurora Medical Center Burlington	Visit Versiti for more information: Versiti Blood Center of Wisconsin - Donor Portal
Blood Drives	TBD	Aurora Health Care Elkhorn	Visit Versiti for more information: Versiti Blood Center of Wisconsin - Donor Portal
Hands Only CPR & AED	Feb 14	Elkhorn High School	Visit https://www.elkhorn.k12.wi.us/o/easd/page/ma-kerfest

Blood Drives

Approximately 38% of the population is eligible to donate blood yet less than 5% does. 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.



Aurora Health Care

***Dates and times subject to change.*

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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 dates:

- Someplace Else in Elkhorn – 12/15/25, 8/17/26, 10/19/26, 12/21/26
- Culvers in Elkhorn – 2/16/26, 4/20/26, 6/15/26

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

Art Therapy Open Studio

Open Studio is an art group designed to aid in self-expression, relaxation, and personal growth. Open Studio is open to all current and past cancer patients, companions, and caretakers. Each session is facilitated by a credentialed Art Therapist and will include a featured project. (All supplies provided) Free at the Aurora Wellness Center, Classroom B, every Thursday of the month from 3-6pm. Contact 414-385-2708 or art.therapy@aah.org for information. Please scan the QR code below to register for in-person studio

Virtual Cancer Support Groups

Connect. Share. Heal: young adults discussion group for ages 18-45 years

Survivorship support: lunch time discussions, all ages welcome

Breast cancer support from diagnosis and beyond, all ages welcome

All groups require registration and take place virtually via zoom. Scan QR code to register for group of interest.



Ongoing Offerings

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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, the third Friday of the month from 9:30-11:30am.

(Date/time subject to change)

For information, or first-time attendees, please contact Chad at 262-212-3596 or email

csutkay@touchinghearts.com

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 or call 414-312-6990.

Ongoing Offerings

Aurora Wellness Center

Burlington, WI

About us:

At Aurora Wellness Center we are passionate about fitness and health. Our convenient location that makes it easy for you to work out and relax. Join us to achieve your goals, reach your personal best, and have fun along the way!

Membership Offerings:

Take advantage of all that your Aurora Wellness Center membership has to offer.

Options include:

- Full-service locker room, amenities included
- Towel service
- Discounts on additional services and specialty programs
- Cardiovascular and strength training equipment
- Free weight and stretching area
- 1/10th mile, 4 lane, suspended running/walking track
- Basketball, pickleball, and racquetball courts
- Eight lane competition pool
- Warm water therapy pool
- Whirlpool and sauna
- Land and water group exercise classes
- Programs, challenges, and education opportunities
- Personal training*
- Assisted stretching*
- Massage therapy*
- Childcare*

*Available for an additional fee

Aurora Wellness Center
300 McCanna Parkway
Burlington, WI 53105

262-767-7000
aurora.org/AWC

Mon-Thurs 5am to 9pm
Fri 5am to 8pm
Sat-Sun 6am to 3pm
Hours are subject to change



American Red Cross certified instructors – All of our aquatic staff members are certified through the American Red Cross. We offer private and group swim lessons for all ages, youth swim club, and swim program.



Aurora Health Care

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For more information on classes:

Visit: [Find Classes and Events in Milwaukee, Wisconsin - Aurora Health Care](#)

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

