Are you pregnant or thinking about having a baby? Check out our new program, “Eating for Two: Nutrition Tips for a Healthy Pregnancy,” and our redesigned fitness group, “Moms on the Move.” See inside for details.
Healthy living
Shoulder Pain: What Can Be Done
Wednesday, April 29
6:30 to 8 p.m.
Aurora West Allis Medical Center
Shoulder pain is an increasingly common complaint, whether from injury or degenerative changes. During this informational program, Mark Wichman, MD, will provide an overview of shoulder anatomy, causes of shoulder pain, and treatment options to help you regain shoulder mobility and function. His discussion will include an explanation of joint replacement and rotator cuff repair as well as the risks and benefits of shoulder surgery. Free. Please register online at aurora.org/events or call 888-863-5502.

Look Good . . . Feel Better
Monday, May 4 · 10 a.m. to 12 p.m.
Aurora Women’s Pavilion in West Allis
This program, offered through the American Cancer Society, provides information and guidance to help patients undergoing cancer treatments enhance their appearance and cope with side effects such as dry skin, blotchiness, discolored fingernails, and loss of hair, eyebrows and eyelashes. Participants will receive a complimentary make-up kit and learn make-up techniques for individualized skin care concerns, how to use hats, scarves and accessories, and how to select, care for and style wigs and hairpieces. There will be time at the end of the session for questions and consultations. You are welcome to bring your wig or hairpiece for individual tips. Free. To register, call the American Cancer Society at 800-227-2345.

Advance Directives: Power of Attorney for
Tuesday, May 5
6:30 to 8 p.m.
Aurora Women’s Pavilion in West Allis
Recent advancements in hip replacement surgery are leading to reductions in pain, scarring, recovery time and movement restrictions. Join Jeffrey Showers, MD, as he explains direct anterior-muscle sparing hip replacements. Both men and women are encouraged to attend. Free. Please register online at aurora.org/events or call 888-863-5502.

Living Well Weight Management Program
This 12-week program includes educational classes, the expertise of health care professionals, and support from peers and the program coordinator to help participants make lifestyle and behavior changes necessary to prevent diabetes, reduce risk of cardiovascular disease and maintain weight to achieve optimal health for a lifetime. The program can start anytime and consists of three months of weekly meetings and a membership to a health club; individualized exercise prescription; weekly monitored food and activity journals; and instruction and evidence-based strategies for making healthy food and activity choices. Meetings are held at the Wisconsin Athletic Club in West Allis, and the health club membership includes all seven locations. For fees and other information or to register, call 414-328-7524.

Asthma School
This educational program for adults and children covers the basics of asthma; how to identify warning signs, symptoms and common triggers; differentiating controller and reliever medication, and asthma device training. Classes are individually arranged with the instructor to meet participants’ needs, typically in one or two sessions. Free. For more information or to register, call 414-649-6064.

Easy and Fun Ways to Manage Stress
Thursday, June 4
6:30 to 7:30 p.m.
Franklin Public Library, 915 W. Loomis Road, Franklin
Learn how to deal with stress in the heat of the moment and build up resistance so things don’t bother you in the first place. Be prepared to laugh and have some fun while learning important stress management tips from presenter Nicole Eull, PsyD., rehabilitation psychologist and director of behavioral medicine in the Department of Family Medicine at Aurora Health Care. Free. Please register online at aurora.org/events or call 888-863-5502.

Advancements in Hip Replacement Surgery
Thursday, June 4
6:30 to 8 p.m.
Aurora Women’s Pavilion in West Allis
Recent advancements in hip replacement surgery are leading to reductions in pain, scarring, recovery time and movement restrictions. Join Jeffrey Showers, MD, as he explains direct anterior-muscle sparing hip replacements. Both men and women are encouraged to attend. Free. Please register online at aurora.org/events or call 888-863-5502.

Diabetes and Nutrition Education Program
Whether you are new to diabetes or feel that you need better control of your condition or meal planning, this program, recognized by the American Diabetes Association, can help. A physician’s order or referral is required. For information and registration, call 414-328-6214.

Women’s health
Two-Part Women’s Health Series
Thursdays, April 30 and May 7
6 to 8 p.m.
Aurora Women’s Pavilion in West Allis
Join four of our top women’s health physicians for two evenings of interactive, educational discussions on important women’s health topics. Free. Please register online at aurora.org/events or call 888-863-5502.

Dates, presenters and topics:
Thursday, April 30
• Menopause, presented by Jodell Wennlund, MD
As menopause approaches, many women experience a number of symptoms such as hot flashes, night sweats, disturbed sleep patterns, vaginal dryness and mood changes. During this presentation, Dr. Wennlund will discuss management strategies to reduce or prevent these symptoms.
• Urinary Incontinence, presented by Tracy Capes, MD
It is estimated that 10 to 30 percent of women have symptoms of urinary incontinence, a problem usually caused by changes to the body associated with pregnancy, childbirth, menopause, surgery or weakened muscles around the bladder. The good news is that women don’t have to “just live with it.” During this presentation, Dr. Capes will explain urinary incontinence and the treatments that are now available.

Thursday, May 7
• Irritable Bowel Syndrome, presented by Erica Samuel, MD
Irritable bowel syndrome is characterized by abdominal discomfort or pain and altered bowel habits. Join Dr. Samuel as she discusses various treatments to provide symptom relief of this common problem affecting 5 to 10 percent of people.
• Osteoporosis, presented by Batul Voličak, MD
People used to think that osteoporosis was an unavoidable part of getting older. Today, we know how to prevent, detect and treat the disease. During this program, Dr. Valičak will describe the risk factors for osteoporosis and the steps all women should take to ensure their bones are as healthy as possible.

Maternal Metabolic Center
The management of metabolic disorders before, during and after pregnancy requires specific expertise. Our Maternal Metabolic Center offers prenatal planning, a closely-monitored pregnancy and delivery, as well as follow-up care. Our comprehensive, sensitive care helps minimize the concern of hormone-related health issues and maximize the joy of pregnancy and motherhood.
We offer a multidisciplinary team of experts to address risk factors, prevention and management of concerns such as:
• Gestational diabetes
• Type 1 and type 2 diabetes
• Maternal obesity
• Thyroid disease
• Metabolic syndrome
• Polycystic ovarian syndrome
Our integrated and comprehensive approach includes endocrinology care, maternal-fetal medicine, nutritional counseling, diabetes education, exercise specialists and a complete range of support services. For more information or to schedule an initial appointment, call 414-939-1700.

All About Living - A Cancer Support Group for Women
2nd Tuesday of each month · 5 to 6:30 p.m.
Aurora Women’s Pavilion in West Allis
All About Living is a support group that was designed by staff and oncology patients at the Aurora Women’s Pavilion who wanted to help guide others through their journey. Join us as we educate and empower ourselves about the many topics that arise with a cancer diagnosis. Facilitated by Susan Minges, LCSW, the goal is to give and receive support from others as we celebrate “All About Living.” Registration is not needed.
For more information, call 414-329-5967 or email allaboutliving@aurora.org

Garden of the Senses Boutique
In addition to mastectomy bra and breast prosthesis fittings, the Garden of the Senses Boutique at the Aurora Women’s Pavilion in West Allis has a private salon with trained consultants who are knowledgeable and sensitive to women’s concerns about hair loss. A wide variety of synthetic and human hair wigs, scarves and hats made especially for women who are experiencing hair loss is available. Our consultants are skilled in assisting in the selection of styles and colors that provide a completely natural appearance. They are also knowledgeable about features that impact fit, comfort and care of the wig.
Please call 414-329-5607 for more information or to schedule an appointment.

Registration required. Classes with low numbers may be canceled.
Integrative medicine

Acupuncture Services
Acupuncture services are available for both men and women at Aurora Women’s Pavilion in West Allis. This form of traditional Chinese medicine restores the balance between yin and yang to allow the normal flow of qi (vital energy) throughout the body. Many conditions can be treated with acupuncture. For more information or to schedule an appointment, call 414-329-5607.

Wellness and Therapeutic Massage Services
Massage services are available at Aurora Women’s Pavilion in West Allis. The cost is $37 for 30 minutes, $53 for 45 minutes and $69 for 60 minutes. Gift certificates are available. Prices are subject to change. For more information or an appointment, call 414-329-5607.

Childbirth and parenting

Aurora Women’s Pavilion Tours for Expectant Parents
Expectant parents can get a close-up view of the facilities and services available to them at the Aurora Women’s Pavilion in West Allis. Free guided tours are offered on a regular basis—downtimes and evenings. Tours begin in the fireplace area of the pavilion lobby, and focus on the labor and delivery area. Please check our website for specific tour dates and times and register online at aurora.org/events or call 414-328-7788.

Online Childbirth Education Program
Many new parents find that learning about the process of childbirth can calm their worries and answer many questions regarding labor and birth. While nothing can replace the interaction of a classroom environment, our Online Childbirth Education Program is a convenient alternative for expectant parents who can’t attend classes in person due to bed rest, scheduling conflicts or time constraints. It’s also a useful refresher course for repeat parents.
Cost: $40. Please register online at aurora.org/events or call 414-328-7788.

Infant, Child and Adult CPR
Mondays, April 13, May 4 or June 1
6:30 to 8:30 p.m.
Aurora West Allis Medical Center
This single-session, two-hour non-certification course teaches rescue skills in CPR and relief from choking. Information presented will include safe sleep, SIDS reduction strategies, infant and child safety tips, prevention of accidents and/or injuries, how to recognize life-threatening emergencies, and how to perform CPR.
Cost: $25 per person. Please register online at aurora.org/events or call 414-328-7788.

Eating for Two: Nutrition Tips for a Healthy Pregnancy – New!
Tuesday, April 14 or June 30
6:30 to 7:30 p.m.
Aurora Women’s Pavilion in West Allis
Whether you are thinking about having a baby or are currently pregnant, now is the perfect time to focus on healthy eating. After all, the foods and drinks you consume will directly impact your growing baby. Eating a balanced diet can also have a positive effect on morning sickness, food cravings and normal weight gain during pregnancy. During this interesting and practical program, you will learn how to:
• Meet your daily needs for protein, calories, carbohydrates, healthy fats, and key vitamins and minerals during pregnancy
• Eat a variety of foods
• Maximize your nutrition
• Make small, healthy dietary changes
Free. Please register online at aurora.org/events or call 414-328-7788.

Blended Families: Dogs, Babies and Children
Tuesday, May 12
6:30 to 8 p.m.
Aurora Women’s Pavilion in West Allis
Dogs are wonderful companions for families and are part of many children’s lives. If you already have a dog and are now expecting a baby, or if you already have children and would like to bring a dog into the family, this class is for you. Join Patti Muraczewski, certified pet dog trainer, for an informative presentation addressing what to do before the baby arrives, commands to teach your dog, reading your dog’s body language, bringing baby home, common concerns with toddlers, and keeping it clean: what your baby can get from your pet. Free. Please register online at aurora.org/events or call 414-328-7788.

So, You Are Ready to Have a Baby? Find Out Your Options
Wednesday, May 13
6 to 7:30 p.m.
Aurora Women’s Pavilion in West Allis
Couples who dream of conceiving are encouraged to attend this presentation on fertility by Aida Shanti, MD, of Aurora Fertility Services. Topics will include:
• Planning a pregnancy
• How you can enhance your fertility
• How simple lifestyle changes can improve your odds of conceiving
• Tips on talking with your doctor
• Options when traditional conception methods don’t work
• When it’s time to seek help from a fertility specialist
• The basic infertility evaluation
Free. Please register online at aurora.org/events or call 888-863-5503.

NICU Parents Needed: Family Advisory Council
The Aurora Women’s Pavilion Newborn Intensive Care Unit (NICU) is currently recruiting for the new Family Advisory Council to impact how families are involved and supported in the NICU. Current and former NICU parents are invited to join this dynamic group at the next quarterly meeting. For more information and to participate, please call the NICU Family Coach at 414-329-5742.

Aurora Women’s Pavilion offers a variety of services to assist women through healthy pregnancies, positive birthing experiences and beyond. For a schedule, description and registration information on the following classes, visit aurora.org/events or call 414-328-7788 or toll free 1-888-524-8555.

• Preparing for Labor and Birth
• New, two-weeknight express class and an online program are also offered.
• Preparing for Labor and Birth – Natural Childbirth
• Private childbirth preparation classes

Breastfeeding Your Baby: Basics/Pumping/Storing Online program also offered.
• Bringing Baby Home
• Big Kids and New Baby
• Children at Birth
• Infant CPR
• Moms on the Move – All New! See Fitness section.

All New!
• Infant CPR
• Children at Birth
• Big Kids and New Baby
• Making the Grade
• Preparing for Labor and Birth

About You Girls
Thursday, May 5
6 to 7:30 p.m.
Aurora Women’s Pavilion in West Allis
This popular class, for girls ages 9 to 12 accompanied by a female adult, provides a basis of information for girls on the threshold of puberty. Girls will learn how they will be changing physically and emotionally, and how they can take good care of themselves throughout these changes.
Cost: $15 per child (parent included) or $20 per family with more than one child. Please register online at aurora.org/events or call 888-863-5502.

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Social opportunities

Knotty Knitters
Thursdays • 4:30 to 6 p.m.
April 9 and 23
May 14 and 28
Aurora West Allis Medical Center
Those who know how to knit are invited to assist with knitting caps and comfort shawls for our cancer patients. Yarn and patterns will be supplied. Knitters may also come and bring their own projects to work on. This is a social knitting session, not a class. The group meets on the second and fourth Thursdays from September through May. No registration required. Free. For more information, call 414-328-7175.

Book Club
Tuesdays, April 21, May 19, June 16
6:30 to 8 p.m.
Aurora West Allis Medical Center
Join us for good company and thought-provoking dialogue on our book of the month. This group meets on the third Tuesday of each month. Come for any or all sessions.

Upcoming titles and authors:
Tuesday, April 21: Unquiet Mind by Kay Redfield Jamison
Tuesday, May 19: The Joy Luck Club by Amy Tan
Tuesday, June 16: TBA
Free. For more information about upcoming books and to register for the next meeting, please visit aurora.org/events or call 888-863-5502.

Fitness

Feldenkrais Awareness through Movement: The Tongue
Fridays, April 10 to June 5
10:30 to 11:45 a.m.
Aurora Women’s Pavilion in West Allis
Responsible for taste and speech, the tongue has an effect on the health of the upper body, especially the neck, head and jaw. In this eight-part series of classes, participants will use multiple movement explorations of the tongue, jaw, head and eyes to help improve the functional use of the tongue and its relationship to posture, opening the mouth and speaking. Please wear loose, comfortable clothing and bring a mat and towels or pillows to support yourself in a lying position. This class is taught by Eleanor Nowacki, an Aurora Health Care physical therapist and certified Feldenkrais practitioner who has been teaching Feldenkrais classes since 2000. Cost: $80 per 8-week series or $12 per class. Please register online at aurora.org/events or call 414-385-7456 for more information.

Moms on the Move – All New!
Mondays and Thursdays, April 13 to May 21
6 to 7 p.m.
Aurora Women’s Pavilion in West Allis
Pregnancy is a time of many changes and a perfect time to begin or continue healthy lifestyle habits such as regular exercise and healthy eating. Moms on the Move classes focus on safe, low to medium impact cardio exercise, posture, body mechanics, toning and stretching. The series is recommended for women beginning at the 13th week of pregnancy and continuing on through postpartum. Taught by licensed health care professionals, each class includes education, exercise and a supportive environment for mothers and mothers-to-be. Cost: $35 for new patients and $45 for returning patients per six-week series for twice a week. You also have an option for one-class-per-week being able to alternate between Tuesday or Thursday for $30. Please register online at aurora.org/events or call 888-863-5502. If you are a returning patient or choose the once-a-week class, you must register by phone at 414-328-7524.

Fit 4 Life
Mondays • 4:45 to 5:45 p.m.
April 20 to June 15
June 15 to July 20
Aurora Women’s Pavilion in West Allis
Join Linda Dillett, certified group fitness instructor, to learn how to use weights, bands and balls along with your own body weight to build your best body. This class, for men and women, includes cardio, strength and core conditioning, with available modifications to challenge all participants that are ready for the intermediate to advanced fitness level. Balance will be worked on along with several minutes of stretching at the end of each class. Cost: $40 per six-week series. Please register online at aurora.org/events or call 888-863-5502.

Pelvic Health and Awareness Series

Tai Chi Fundamentals
Tuesdays • 5:15 to 6:15 p.m.
May 19 to July 7
Aurora Women’s Pavilion in West Allis
Men and women are invited to join instructor Pat Culotti for this beginner’s class for everyone from athletes to those with physical limitations. A traditional martial art, tai chi is practiced for relaxation, physical activity and well-being. In addition to its many health benefits, it is believed to help with memory, concentration, balance and flexibility. (Note: Classes for continuing participants are also offered. Instructor approval is required prior to enrollment of continuing class.) Cost: $45 per three-week series. Please register online at aurora.org/events or call 414-385-7456.

Zumba Exercise and Fitness Class
Thursdays • 4:30 to 5:30 p.m.
April 30 to May 28
Aurora Women’s Pavilion in West Allis
Zumba is a mixture of Latin and international music with easy-to-follow dance steps designed to create a dynamic, exciting and effective workout. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone, sculpt and strengthen the body. Cost: $30 per five-week series. Please register online at aurora.org/events or call 888-863-5502.
Need more information?

Aurora Women’s Pavilion main number .......... 414-978-3000
Aurora Women’s Pavilion in Franklin .................. 414-855-2900
Ask the Librarian .................................................. 414-328-7910
Breastfeeding Support Services and Pump Rental Station ........................................ 414-328-6234
Center for Continence and Pelvic Floor Disorders .......................................................... 414-329-5650
Comprehensive Breast Center ........................................ 414-329-5627
Garden of the Senses Boutique ........................................ 414-329-5607
Gynecological Oncology Services .......................... 414-329-5656
Mammogram scheduling ........................................ 414-328-6430
Living Well Weight Management Program ........ 414-328-7524
Maternal-Fetal Medicine ............................................... 414-329-5647
Aurora Women’s Health and Wellness Center….. 414-329-5930
  • Center for Sexual Health and Wellness & Vulvar Health
  • Maternal Metabolic Center
The Karen Yontz Women’s Cardiac Awareness Center ............................................... 414-649-5767
Women’s Heart Health Clinic ........................................ 414-329-5960

Support groups

Please call 888-863-5502 or visit aurora.org/events for information about any of the following support groups:

- All About Living – Cancer Support for Women
- Amputee Support Group
- Diabetes Education Support Group
- Diabetes and Pregnancy Education Support Group
- Infant Loss Support Group
- Living Through Loss
- My Evening with Mom
- My Morning with Mom
- NICU Family Support Group – See below
- Parkinson’s Support Group
  For more information, please call the group contact member at 262-878-2362 or 414-817-0192.
- Stroke Support Group
- Stroke at Midlife Support Group

Look online for additional Aurora support groups at other Aurora locations, such as, but not limited to:

- Eating Disorder Group
- Prostate Support Group

NICU Family Support Group – New!
1st and 3rd Wednesdays of the month
7 to 8:30 p.m.

Aurora Women’s Pavilion in West Allis
It is not uncommon for parents to struggle from the effects of acute stress following a difficult or high-risk birth. During the first 12-18 months following childbirth, symptoms of acute stress become more and more noticeable and can have a direct impact on a family’s ability to live well. The Aurora Women’s Pavilion, in partnership with Aurora Family Services, is pleased to offer an important resource for current and former parents of NICU babies.

The NICU Family Support Group is designed to offer a supportive place where parents can come together to share their stories and build healthy parent-to-parent relationships. The purpose of the group is to:

- Raise awareness about acute stress and its impact on parents
- Provide parents with a safe environment to share concerns
- Provide parents with strategies for successfully managing stress in the home
- Support families in need by linking parents to behavioral health and community-based services

Free. Please register online at aurora.org/events or call 414-329-5742.

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