Please join Aurora Health Care and the Oak Creek Health Department for a

Healthy living series

FREE Fall 2014 Presentations

Seating is limited.
To register, call 414-768-6539.

October 15th 7-8pm

Let's Get to Sleep!

Lisa M. Cottrell Ph.D Licensed Psychologist, Board Certified Behavioral Sleep Medicine

Dr. Cottrell will present on the best methods to get to sleep, sleep well and wake up refreshed for another day!

October 20th 6-7pm

Lakesha Lawrence MD

Dr Lawrence is a board Certified OB/GYN whose practice focuses on prevention and early detection of a variety of women's health concerns and specializing in minimally invasive techniques and treatment.

She will be presenting:
Breast Health: Strategies for Prevention and Early Detection.

November 13th 6-7pm

Chef Larry Bushner, Aurora Health Care

Healthy Cooking for the Holidays...how can that be?

Attend this free cooking demonstration to learn recipes for healthy cooking this holiday season and taste food samples. Space is limited.

All sessions are to held in the Oak Creek Library.

Aurora Health Care®

Mayor's Fitness Challenge

AuroraHealthCare.org

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