

Reach

Together in health and happiness

Winter 2023



HOW TO REGISTER

To register for classes, visit StRoseHospitals.org/Classes or call 702.616.4900.



American Heart Month

February is American Heart Month and there's no better time to adopt a healthy lifestyle. Celebrate your heart by creating healthy habits and committing to wellness goals. The choices made today will save the hearts of tomorrow.

Healthy Heart Program

This 4-week series is designed to boost your confidence in managing heart disease. Get access to customized classes and consultations with a Registered Dietitian and Pharmacist. Perks include a monthly fresh fruits and vegetables box delivered to your door! For more information or to register, please call or email Angel Garcia Saavedra at 702.616.4929 or angel.garciasaavedra@dignityhealth.org. **In-person, Tuesdays starting January 17 through February 7, from 1 to 2 pm.**

BLUE FREE

Buena Salud Para un Corazón Sano

Este curso es una guía que da consejos prácticos para mantener un corazón sano, disminuir el riesgo de enfermedades cardiovasculares y cómo controlar el colesterol y la presión elevada. Esta clase va ser en vivo por plataforma Zoom o en persona, espacio limitado, llame para reservar. Para obtener más información llame a Angel Garcia 702.616.4929 o envíe un correo electrónico a Angel.Garciasaavedra@dignityhealth.org.

Healthy Hearts Club

Enroll in the Healthy Hearts Club led by community pharmacist, Dr. Kaylynn Bowman, to get the most from your medications, lifestyle coaching, goal setting, and improved healthy lifestyle choices. Call 702.616.4932 to schedule an appointment.

Eating for a Healthy Heart

Learn to eat for a healthy heart - manage hypertension, high cholesterol, and high triglycerides through nutrition. Led by a registered dietitian, this is an interactive class offering personalized strategies.

**Monday, January 23,
1 to 2 p.m.**

Call 702.616.4975 to register.

GV FREE

**Wednesday, February 2,
Noon to 1 p.m.**

Meeting ID: 94043146081

Password: 644038

ZOOM FREE

**Wednesday, March 8,
9:30 to 10:30 a.m.**

Call 702.620.7800 to register.

FLAM FREE

The Mediterranean Diet: Your Heart Will Thank You

Learn about the Mediterranean diet – a way of eating that is long-term, delicious and nutritious! See why the Mediterranean diet is a way to go in helping you on the path to heart health.

Tuesday, February 14, 10 to 11 a.m.

Call 702.616.4975 to register.

SAN Aljian Room C FREE

Lower Your Sodium Intake Without Skipping a Flavorful Beat

Celebrate National Heart Month by learning tips and tricks to eating less sodium and incorporating more health and flavor into your everyday eating. Come join this interactive class led by our Registered Dietitian.

Thursday, February 9, 1 to 2 p.m.

Call 702.620.7862 to register.

NLV FREE

**Monday, February 13,
10:30 to 11:30 a.m.**

Call 702.620.7800 to register.

FLAM FREE

**Wednesday, February 15,
2:30 to 3:30 p.m.**

Call 702-616-4378 to register.

HEND FREE

Thursday, February 16, 11 a.m. to Noon

Call 702.616.4975 to register.

Meeting ID: 94709590383

Password: 454008

GV **HYBR** FREE

Tuesday, February 21, 10 to 11 a.m.

Call 702.620.7025 to register.

BLUE FREE

Tuesday, February 28, 1 to 2 p.m.

Call 702.616.4910 to register.

WEST FREE

Check out page 11 for
more nutrition classes!

Diabetes Management



Prediabetes: What Do I Do Now?

Are you trying to make healthy lifestyle changes to prevent Type 2 diabetes? You don't have to do it alone. This class is led by a diabetes care and education specialist and will equip you with valuable insight on how to prevent or delay diabetes.

Wednesday, January 18, 2 to 3 p.m.

Call 702.620.7800 to register.

FLAM FREE

Thursday, January 26, 10 to 11 a.m.

Meeting ID: 99152576359

Password: 786166

ZOOM FREE

Friday, February 10, 10 to 11 a.m.

Call 702.620.7862 to register.

NLV FREE

Monday, February 20, 3 to 4 p.m.

Call 702.616.4975 to register.

GV \$10

Thursday, March 16, 11 a.m. to Noon

Call 702.620.7025 to register.

BLUE FREE

National Diabetes Prevention Program

Did you know that one out of three U.S. adults has prediabetes? This CDC-approved 12 month program is given in 16 weekly sessions, followed by monthly maintenance sessions. Our lifestyle coaches will help you develop healthy eating habits, increase your physical activity, and help keep you motivated to make healthy changes.

To learn more about this program and to register, please call 702.616.4975.

Next group starting February 16, 2:30 to 3:30 p.m.

GV

Diabetes Lifestyle Training and Education

The Diabetes Lifestyle Training Services offer comprehensive diabetes self-management education to help you succeed in managing your diabetes care. Group classes and individual visits are available, and both are taught by diabetes care and education specialists. A variety of class times and days available; please call 702.616.4975 for details. Physician referral and individual visit required prior to class.

Medication Therapy Management

Spend quality time with community pharmacist Dr. Kaylynn Bowman to answer questions about your medications and how they impact your health. Call 702.616.4932 to schedule your appointment.

On the Road to Better Managing Your Diabetes Conversation Map

Featuring a game-like map, this interactive class led by a diabetes care and education specialist can help you learn the skills needed to manage your diabetes. Registration is required.

Thursday, January 19, 11a.m. to 1 p.m.

Call 702.620.7025 to register.

BLUE FREE

Friday, January 20, 10 a.m. to Noon

Friday, March 3, 1 to 3 p.m.

Call 702.620.7862 to register.

NLV FREE

Wednesday, February 15, 10 a.m. to Noon

Call 702.620.7800 to register.

FLAM FREE

Many classes require registration. Register online at StRoseHospitals.org/Classes.

Breastfeeding/Prenatal Classes

Baby Basics

Learn the basics of caring for your newborn.

**January 5, 19, February 2, 16,
March 2, 16, 6 to 9:30 p.m.**

GV \$30

Breastfeeding

Our lactation staff provides information and support to begin a successful nursing experience to prepare you for any challenges.

January 13, Noon to 1:30 p.m.

February 10, Noon to 1:30 p.m.

March 10, Noon to 1:30 p.m.

GV \$30

Daddy Boot Camp

This father-to-father workshop inspires and helps dads become confidently engaged with their infants.

February 11, 9 to 11 a.m.

GV \$20

Baby Weigh Stations

Baby weight checks. No appointment necessary.

GV WEST HEND FREE

New Mommy Mixer

Mix and mingle with other new moms and their babies in this fun atmosphere.

Tuesdays, 11 a.m. to Noon

HEND FREE

Wednesdays, 11 a.m. to Noon

WEST FREE

Fridays, 11 a.m. to Noon

GV FREE

Prepared Childbirth Express

This one-day, six-hour class helps build confidence in your body's ability to give birth while you interact with other couples who may have the same concerns.

January 7, 21, 9 a.m. to 3 p.m.

February 4, 18, 9 a.m. to 3 p.m.

March 4, 18, 9 a.m. to 3 p.m.

GV \$35

Breastfeeding Helpline and Consultations

Call 702.616.4908 for help or a private appointment with a certified lactation counselor.

GV WEST \$50

Breast Pump Rentals

Rent the Medela Symphony, a hospital grade, double-electric pump.

GV WEST

Prepared Childbirth

This three-week session, held on Tuesday evenings, helps build confidence in your body's ability to give birth while you interact with other couples who may have the same concerns.

January 3, 10, 17, 6 to 9 p.m.

February 7, 14, 21, 6 to 9 p.m.

March 7, 14, 21, 6 to 9 p.m.

GV \$35

Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline: 800.784.8669.

Infants, Children & Parenting

Baby Steps: Learn and Play

Babies learn to focus their vision, reach out, explore, and learn about the things that are around them. Join this exciting but not overstimulating circle time with your little one! Come ready to sing, dance and learn more about your baby through parent discussions, we call Parent Corner.

Mondays, 11:15 a.m. to 12:15 p.m.

HEND FREE

Tuesdays, 12:15 to 1:15 p.m.

GV FREE

Wednesdays, 10:30 to 11:30 a.m.

BLUE FREE

My Baby App

Download Dignity Health's My Baby App from the App Store or Google Play to track pregnancy milestones, identify symptoms, and connect to services for a healthier pregnancy.

Parenting the Love and Logic® Way

Would you like to put the fun back in parenting? Learn helpful and easy tips so you can parent without breaking a sweat. Parents and caregivers of children ages 6 mo-18. Email tawanda.mcintosh@dignityhealth.org to register and receive a link.

**February 21 through March 28,
6 to 8 p.m.**

ZOOM \$50 includes workbook

Sing and Sign: Food Time

For parents with children ages newborn to 2 years.

**Thursdays, January 5, 19, February 2,
16, March 2, 6, 1 to 1:30 p.m.**

WEST FREE

**Tuesdays, January 3, 17, February 7,
21, March 7, 21, 1 to 1:30 p.m.**

GV FREE

St. Rose WIC Nutrition Program

Healthy food, nutrition education, and breastfeeding support. For children up to age 5 and expecting mothers. Call 702.616.4905 (Henderson) or 702-616-4910 (Las Vegas). Need help? If you have difficulty understanding English or have a disability, free language assistance or other aids and services are available upon request. Please let WIC staff know or contact your local WIC Clinic. This institution is an equal opportunity provider.

HEND WEST

Happiest baby on the Block

Learn helpful techniques to soothe your fussy baby and increase sleep! Developed by Dr. Harvey Karp, this class teaches parents the 5 S's to ensure the happiest baby on the block!

**2nd Mondays of the month,
9:30 to 10:15 a.m.**

GV

Pregnancy & Childbirth

Car Seat Safety Checks

Call 702.616.4902 for an appointment.

BLUE **GV** **WEST** **HEND** FREE

Support for Moms-to-Be and New Moms

Did you know that 1 in 5 pregnant women and new moms experience some form of anxiety or mood disorder? Anxiety and mood disorders are treatable! To find helpful family resources, visit nvmch.org or call 775.553.8024.

Perinatal Mood and Anxiety Disorders (PMAD) Training

In this 60-minute virtual training, you will gain a better understanding of what PMADs are, who is impacted, learn the risk factors associated with PMADs, stigmas and their effects, and how to identify local resources and referral systems. Please call 775.553.8024 or visit nvmch.org to learn more and to register.

Tuesday, January 17, 2 to 3 p.m.

Friday, February 10, 10 to 11 a.m.

Tuesday, March 21, 2 to 3 p.m.

FREE

Text4Baby

Text BABY to 511411 to get FREE tips and reminders throughout your pregnancy and your baby's first year.

FREE Birth Center Tours

San Martín Campus:

Wednesday
evenings

Siena Campus:

Every other
Thursday



Register at StRoseHospitals.org/classes.

Fitness

Bingocize®

This fun, familiar, and unique edition of bingo combines a bingo-like game with exercise. Bingocize® has been shown to increase older adults' functional fitness, health knowledge, and social engagement in a variety of settings.

Thursdays, 2:30 to 3:30 p.m.

GV FREE

HIGH Fitness

High energy, intense group fitness experience led by Kristi that combines modern fitness techniques to music you know and love.

Mondays, 9:30 to 10:30 a.m.

Meeting ID: 2306755005

No password

NLV **HYBR** FREE

Saturdays, 9 to 10 a.m.

WEST FREE

Thursdays, 9 to 10:30 a.m.

BLUE FREE

Call 801.228.8758 to register to attend in-person or to receive Zoom link for virtual viewing.

Zumbini

Enhance your child's motor and cognitive skills and developmental milestones.

Tuesday and Thursdays,

9:15 to 10 a.m.

GV FREE

Wednesdays, 11:30 a.m. to 12:15 p.m.

HEND FREE

Thursdays, 10:15 to 11 a.m.

WEST FREE

Wednesdays and Fridays,

9:30 to 10:30 a.m.

BLUE FREE

Tuesdays, 10 to 10:45 a.m.

FLAM FREE

Tuesdays, 4:30 to 5:30 p.m.

Wednesdays, 11 a.m. to Noon

NLV FREE

Enhance Fitness

Exercise group programs help older adults at all levels of fitness become more active, energized, and empowered to sustain independence.

Mondays, Wednesdays, and Fridays,
9 to 10 a.m.

Wednesdays, 10 to 11 a.m.

Tuesdays, Thursdays, 8 to 9 a.m.

Tuesdays, Thursdays, 1 to 2 p.m.

GV FREE

Mondays and Wednesdays,

1:30 to 2:30 p.m.

Tuesdays and Thursdays, 9 to 10 a.m.

WEST FREE

Mondays, Wednesdays, and Fridays,
9 to 10 a.m. and 10:15 to 11:15 a.m.

HEND FREE

Tuesdays, 10:30 to 11:30 a.m.

Thursdays, 2 to 3 p.m.

NLV Free

Call 702.620.7862 for more information.

Mondays, 1 to 2 p.m.

FLAM **HYBR** FREE

Mondays and Wednesdays,

1:30 to 2:30 p.m.

BLUE **HYBR**

UpBeat Barre

A low impact fitness class that fuses strength training, Ballet, Yoga, and Pilates with popular music to create a sweaty, fun and balanced workout with varying levels of intensity designed to include everyone.

Mondays, 9:30 to 10:30 a.m.

BLUE FREE

Call 801.228.8758 to register to attend in-person or to receive Zoom link for virtual viewing.

Tuesdays, 6 to 7 a.m.

GV FREE

Fridays, 9:30 to 10:30 a.m.

FLAM FREE

Many classes require registration. Register online at StRoseHospitals.org/Classes.



Fitness

High Low Fitness

Much like High Fitness, focusing on less impact and steady cardio to music you know and love, led by Kristi.

Tuesdays, 9:30 to 10:30 a.m.

Meeting ID: 2306755005

No password

NLV **HYBR** FREE

Surge Strength

Targeted, high-rep weight training class led by Kristi, set to music you know and love!

Wednesdays, 9:30 to 10:30 a.m.

Meeting ID: 2306755005

No password

NLV **HYBR** FREE

Surge Fit

High cardio and weight training, led by Kristi, set to music you know and love!

Thursdays, 9:30 to 10:30 a.m.

Meeting ID: 2306755005

No password

NLV **HYBR** FREE

Take It Easy/Chair Yoga

With a focus on breath and body awareness, this gentle chair-based class is excellent for beginners and those with limited mobility. All levels welcome.

Thursdays, 3 to 4 p.m.

You may also join us via zoom.

Meeting ID: 643643116

No password

ZOOM FREE

Tuesdays, 3 to 4 p.m.

Meeting ID: 643643116

No Password

ZOOM FREE

Tuesdays and Thursdays, 1 to 2 p.m.

HEND FREE

Mondays, 10 to 11 a.m.

WEST \$5 per session or
5 sessions for \$20

Yin Yoga

Reduce stress and increase flexibility and fluidity in joints and tendons.

Mondays, 10 to 11 a.m.

Thursdays, 10 to 11 a.m.

Meeting ID: 96493031685

Password: Wellness

ZOOM FREE

Gentle Yoga

Gain flexibility and balance.

**Mondays, Wednesdays, and Fridays,
9 to 10 a.m.**

WEST **HYBR** \$5 per session or
5 sessions for \$20

**Mondays (Hybrid) 11:15 a.m. to 12:45
p.m. Tuesdays (Zoom) 9 to 10 a.m.**

BLUE **HYBR** **ZOOM** FREE

**Tuesdays, Thursdays and Fridays
10 to 11 a.m.**

GV \$5 per session or
5 sessions for \$20

Tuesdays, Thursdays, 10 to 11 a.m.

HEND FREE

Many classes require registration. Register online at StRoseHospitals.org/Classes.

Meditation

Join Rebe for gentle movement (on mat or chair) followed by a different meditation each week. This class is designed to empower students with tools to create a personal meditation practice.

Mondays, 4 to 5 p.m.

Meeting ID 602980876

ZOOM

Mixed-Level Yoga

Requires experience beyond basic beginner. Bring a block and strap, if possible.

Mondays, Wednesdays, Fridays, 8 to 9 a.m.

WEST \$5 per session or five sessions for \$20

Mommy & Baby Yoga

A class for new mommies with infants 6 weeks to 1 year old. Promotes a strong bond between mommy and baby. Postnatal yoga helps mommy regain strength while complementing your new life as a mom. Babies' minds will be stimulated while doing some simple stretches.

Mondays, 12:15 to 1:15 p.m.

BLUE FREE

Wednesdays, 10 to 11 a.m.

WEST FREE

Mommy & Toddler Yoga

A fun filled class for you and your little one! Get ready to dance, read books, listen to some of your child's favorite songs all while learning yoga! Ages 1-4 years old.

Wednesdays, 11:30 a.m. to 12:30 p.m.

BLUE FREE

Solid Gold Fitness

Show aging who's boss with this low impact dance for the young at heart.

Wednesdays, 11 to 11:50 a.m.

FREE

Vinyasa Flow Yoga (Beyond the Basics)

Follow your breath and move through yoga postures to build strength, balance, and flexibility.

Monday and Thursdays, 8:30 to 9:30 a.m.

Meeting ID: 9136881442

Password: Wellness

ZOOM FREE

Mindful Movement Yoga By T.R.Y.

Learn Self-Regulation Tools to Empower your best self!

Tuesdays and Thursdays, 6 to 7 p.m.

HEND FREE

Tuesdays, 4 to 5 p.m.

Class ID: 352795095

No Password

ZOOM

Tai Ji Quan: Moving for Better Balance - Level 2

Have you completed Tai Ji Quan: Moving for Better Balance program and want to keep your Tai Ji Quan skills going? Join Gwen for this class as she covers Level 2.

Wednesdays, 12 to 1 p.m.

GV \$3 per session or 10 sessions for \$20

Sunrise Chair Stretch and Balance

Sunrise Chair Stretch and Balance Start your day off with relaxing stretching.

Wednesdays and Fridays, 8 a.m.

GV \$5 per session or 5 sessions for \$20

Tai Ji Quan: Moving for Better Balance - Parkinson's

Adults with Parkinson's can achieve a 67% fall reduction. This nationally recognized evidence-based fall prevention program is an enhancement of traditional Tai Chi, transforming movements into therapeutic training for balance and mobility. The 48-sessions program is for Parkinson's patients and their caregivers, please call 702.616.4922 for more information and to register. This program is supported by a community grant from the Parkinson's Foundation.

Starting January 15, Tuesdays and Thursdays, 3 to 4 p.m.

FLAM FREE

Starting March 6, Mondays, Wednesdays, and Fridays, 8 to 9 a.m.

ZOOM FREE

Zumba

Led by Saira, this fusion of Latin and International music creates a dynamic, exciting, and effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Fridays, 4 to 5 p.m.

NLV FREE



nevada
health link

Dignity Health Connecting You to Health Insurance Options

Are you uninsured? Enrollment Counselors are available for enrollment assistance. You may qualify for a Special Enrollment Period and incentives to help pay monthly premiums.

Call today at 702.616.4904 to speak with one of our Certified Enrollment Counselors or email Adela.Victorio@DignityHealth.org for assistance.



Mental Health

Talk with a Senior Peer Counselor

Senior Peer Counselors help peers age 50+ to work through life's challenges like:

- sadness and loneliness
- stress
- health issues
- retirement and lifestyle changes
- relationship concerns
- caregiving for aging parents
- loss and bereavement

To participate call 702.616.4922.

Adult Mental Health First Aid

Learn the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem. Help connect them to the appropriate care. Please email terry.maurer@dignityhealth.org for additional information and registration.

January 20, February 3, 24, March 17

ZOOM \$24.95

Youth Mental Health First Aid

February 16, March 31

ZOOM \$24.95

Volunteer Opportunities

Medicare Assistance Program (MAP) Training

We need enthusiastic volunteers to make a difference in the community with our free MAP training. Learn at your own pace, attend monthly meetings to stay informed and help spread the word to protect, detect and report Medicare fraud, errors and abuse. Help yourself and others get the most out of Medicare. Call 702.616.4926 to register.

Helping Hands

Our organization needs dependable and compassionate volunteers to provide transportation or deliver food to seniors who live in Henderson. Can you spare one morning or afternoon a few days each month? Please call 702.616.6554 to become a volunteer with Helping Hands of Henderson!

The Engelstad Foundation

R.E.D. Rose Program

The Engelstad Foundation R.E.D. Rose Program believes everyone should have access to breast health services regardless of barriers like income, insurance, or legal status. Early identification and treatment is the most effective defense against breast cancer.

The R.E.D. (Responsible Early Detection) Rose Program provides uninsured and underinsured women and men with access to breast health screenings,

resource referrals, and treatment services. Financial assistance is available to individuals diagnosed with breast cancer and undergoing treatment.

Early detection is the best protection. For more information on the Engelstad Foundation R.E.D. Rose program, please call (702) 620-7858 or email RedRose@DignityHealth.org. Bilingual services are available.

Support Groups (FREE)

AA for Women

GV Mondays, 6:30 p.m.

AA (Co-ed)

SAN Thursdays, 7 p.m.
(No meeting on November 3)

Alzheimer's Support

GV 4th Tuesday, 4:30 to 6 p.m.

Amputee Support

FLAM 3rd Wednesdays, Monthly,
6 to 8 p.m.

Bereavement Support

SAN 2nd & 4th Wednesdays, 5 p.m.

Better Breathers COPD

GV 1st Thursday, 1 to 2 p.m.

Breast Cancer - Bilingual

NLV 3rd Monday, 10 a.m. to Noon

Infant Loss Support Group

GV 3rd Fridays, Monthly, 7 to 8 p.m.

Caregiver Support

GV Mondays, Monthly, starting
January 23, 11 a.m.

NLV Thursdays, a.m. (Spanish)

Diabetes Support

GV 1st Wednesdays, Monthly,
10 to 11 a.m.

Compassionate Friends (TCF) support group for parents, grandparents, and siblings who have lost a child of any age, any cause.

HEND 2nd Tuesdays, 4 to 6 p.m.

Mommy Care Club

1 in 5 women suffer from Postpartum Depression, we are here to support you in your motherhood journey. Call 775.553.8024.

WEST Wednesdays, Noon to 1 p.m.

GV Fridays, Noon to 1 p.m.

Narcotics Anonymous

HEND Mondays, 6 p.m.

SAN Wednesdays, 6:30 p.m.

Prostate Cancer Support Group

SAN 1st Wednesdays, Monthly,
7 to 9 p.m.

SMART Recovery for all Addictions

GV Thursdays, 6 p.m.

Suicide Prevention Lifeline:

800.273.8255

Surviving Suicide Loss Support Group

SAN 1st & 3rd Mondays, 6:30 to 8 p.m.

Widows Support

GV 1st & 3rd Tuesdays,
2:30 to 4 p.m.

Ryan White Programs (HIV)

Flip the S.C.R.I.P.T (Supportive Care Recognizing Individualized Prescribed Treatment)

Work with Community Pharmacist, Dr. Kaylynn Bowman, to develop adherence skills that will improve your overall health. S.C.R.I.P.T will provide individualized support to help you understand your medication, address adherence issues, and incentive programs. Additional support is available through bi-monthly group classes. Call 702.218.1456 to learn more about the program.

Flip the SCRIPT Classes (Virtual)

January 16, 30, 2:00 p.m.

February 13, 27, 2:00 p.m.

March 13, 27, 2:00 p.m.

Must be Ryan White Part A Eligible.

H.B.T.C (Health Benefit Take Charge)

The H.B.T.C Program can help you understand how to navigate and maximize your health insurance to best fit your health care needs. Work in partnership with our H.B.T.C Coach, Maria Montes, to learn how to use your benefits, find providers, and empower you to take full advantage of your health benefits. H.B.T.C classes are also available. Call 702.620.7025 to learn more about the program.

Tuesday, January 10, 2 to 3 p.m.

ZOOM

Thursday, February 9, 3 to 4 p.m.

ZOOM

Wednesday, March 8, 6 to 7 p.m.

NLV

Must be Ryan White Part A Eligible.

Medical Case Management and Food Pantry Services are now available for Ryan White eligible clients. Call 702.620.7025 to learn more and to schedule an appointment.

Positive Lifestyle and Nutrition Program

This program offers nutrition therapy to meet your health and nutrition goals. Our individualized program helps you manage and reduce HIV-related complications and hospitalizations. Work together with our Registered Dietitians and be empowered in improving your health and lifestyle! Call 702.620.7025 to learn more about the program. *Must be Ryan White Part A Eligible.*

A Better U!

Change starts from within. This program will help you get back on track with living a healthier lifestyle, find a support system, and develop the skills for a better outlook on life! Virtual and in-person workshops are available. Call 702.620.7025 to learn more about the program.

Wednesdays, January 11, 18, 25,

5:30 to 6:30 p.m.

Wednesdays, February 1, 8, 15,

5:30 to 6:30 p.m.

ZOOM

Must be Ryan White Part A Eligible.

U=U Game Night

U=U means undetectable equals untransmittable. By achieving undetectable viral loads through medication adherence and living a healthy lifestyle, HIV is untransmittable to others. Join us for game night as we play the U=U card game to strengthen your support system and be empowered to being the best version of yourself. Call 702.620.7025 to learn more about the program. *Must be Ryan White Part A Eligible.*

Wednesday, January 25,

6:30 to 7:30 p.m.

Wednesday, February 22,

6:30 to 7:30 p.m.

Wednesday, March 29,

6:30 to 7:30 p.m.

NLV

Wellness

Chronic Pain Self-Management Program

Put life back into your life! Learn techniques to better cope with arthritis, neck pain, back pain, or any muscle pain. You'll find comfort and ease through this six-week program. We'll teach you about the mind-body connection, dealing with difficult emotions, stress management and more! For more information or to register please call 702.616.4932.

Mondays, January 16 through February 20, 1 to 3:30 p.m.

NLV FREE

Tuesdays starting January 17 through February 21, from 10-12:30 p.m.

ZOOM FREE

In-person, Wednesdays starting March 1 through April 5, 3 to 5:30 p.m.

GV FREE

*Register for a self-taught version to receive a participant handbook and scheduled weekly 30 minute check-in calls with a trained leader. Available in Spanish

Fruit and Vegetable Prescription Program

Eating fruits and vegetables on a daily basis is important in maintaining good health and managing chronic conditions, such as diabetes, high blood pressure, high cholesterol, cancer, etc. If you have a chronic condition and are experiencing difficulty in getting food, you may qualify to receive a 'prescription' of fresh produce delivered right to your door! Call 702.620.7800 to learn more and to see if you qualify.

Many classes require registration. Register online at StRoseHospitals.org/Classes.

Wellness

Chronic Disease Self-Management Program

Do you want to better manage your overall health while living with a Chronic Condition? It's time to focus on learning ways to improve our mental, physical, and emotional health. This six session program will cover topics that include improving your eating habits, ways to be more active, sparking positive thinking, achieving realistic goals, and more!

Wednesdays starting January 18 through February 22, 3 to 5:30 p.m.

GV FREE

*Register for a self-taught version to receive a participant handbook and scheduled weekly 30 minute check-in calls with a trained leader.

Available in Spanish

Better Breathers Club

Join our Respiratory Therapy staff to learn ways to manage COPD and get support from others who share your struggles. Get the tools you need to live the best quality of life you can.

Thursdays, January 5, February 2, March 2, 1 to 2 p.m.

GV FREE

Communication through Sign Language

Learn basic signs to increase communication in this three-week workshop for adults.

Fridays, February 3, 10, 17, 3:45 to 5 p.m.

GV FREE

Thursday, March 2, 9, 19, 3:45 to 5 p.m.

WEST FREE

Relax and Paint

Expand your imagination and enhance your painting skills. Join us for an evening of creativity as we paint.

February 8, 5:30 to 7:30 p.m.

GV \$10 per session

Senior Nutrition Program

Seniors in need of monthly supplemental food assistance call 702.616.4328 for assistance.

Stepping On: Fall Prevention Program

Did you know that 1 out of 4 people 65 and older falls each year? Learn to prevent serious injuries like hip fractures in this seven-week class. Call 702.616.4912 to learn more.

Fridays, February 10 to March 24, 1 - 3 p.m.

HEND FREE



Medicare Assistance Program (MAP)

MAP offers local free, unbiased, one-on-one counseling to people with Medicare, their families, and caregivers. Call 702.616.4926 for assistance.

This project was supported, in part by grant numbers 90SAPG0066, 90MPPG0047, 2101NVMISH, 2101NVMIAA, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201, as well as the Nevada Aging and Disability Services Division (ADSD).

Knit to Heal Prayer Shawls

Knit prayer shawls for patients and loved ones (or pick up a prayer shawl for someone facing illness). Or learn to knit or crochet. Yarn donations are also appreciated!

Thursdays, January 12 & 26, February 9 & 23, March 9 & 23, 11:30 a.m. to 1:30 p.m.

WEST FREE

2nd Thursdays and 4th Wednesdays, 10 a.m. to Noon

GV FREE

Let's Slow Down Dementia with Cognitive Stimulation Therapy

Call 702.616.4919 by January 16 to register.

Tuesdays & Thursdays starting January 24 through March 7, 9:45 to 11 a.m.

GV FREE

Call 702.616.4922 by January 16 to register.

CST Maintenance Group weekly.

Mondays starting January 23, 11 a.m.

GV FREE

Powerful Tools for Caregivers

Caring for a loved one? This FREE, evidence-based workshop gives you the skills to care for yourself while caring for someone else. This program is for caregivers to develop the skills to overcome the burden and stress from their role as a caregiver. For more information and to register, please call Tori Diego at 702.616.4912.

Tuesdays, January 24 to March 7, 11 a.m. to Noon

GV FREE

Classes in Spanish

January 9 through February 13

March 6 through April 10

April 24 through May 29

Call 702.913.2811 to register.

ZOOM All classes from 6:30 to 8 p.m.

Safe Sitter

February 20, 9 a.m. to 3:30 p.m.

GV \$25, includes lunch

Please call 702.616.4902.

Stop the Bleed

In partnership with the City of Henderson, St. Rose Dominican is offering 'Stop the Bleed' training for the public – lifesaving skills people can use to quickly stop an injury's heavy bleeding while waiting for emergency responders to arrive.

Wednesdays, January 4, February 1, and March 1, 5:30 to 6:30 p.m.

GV FREE

Medicare 101

Decipher the Medicare maze and maximize your benefits.

Friday, January 20, 10 to 11:30 a.m.

Meeting ID: 98529137382

Password: 793638

Friday March 3, 10 to 11:30 a.m.

Meeting ID: 94841535076

Password: 968956

GV HYBR FREE

Wednesday, January 18, 10 to 11:30 a.m.

FLAM FREE

Monday, January 23, 1 to 2:30 p.m.

Monday, March 6, 1 to 2:30 p.m.

HEND FREE

AARP Smart Driver Program

Reduce your car insurance rates; \$20 for members, \$25 for nonmembers (checks only, made out to AARP). No exam required! Call 702.616.4902 to register.

Nutrition

Healthy Eating Habits: The Power of Positive Change

Whether you've committed to "eating better" or "exercising more", science shows that positive change happens by creating a plan and using proven techniques that change our thoughts AND our behavior. Learn the 3 steps to creating healthy habits and start building your personal plan. Attendees will receive a free Guide to Healthy Habits and a Personal Goal Setting Journal.

Thursday, January 12, 1 to 2 p.m.

Call 702.620.7862 to register.

NLV Free

Thursday, January 12, 1:30 to 2:30 p.m.

Call 702.616.4975 to register.

GV FREE

Tuesday, January 24, 10 to 11 a.m.

Call 702.620.7025 to register for in-person.

Meeting ID: 924 9468 8575

Password: 894558

BLUE HYBR FREE

Monday, January 30, 10:30 to 11:30 a.m.

Call 702.620.7800 to register.

FLAM FREE

Nutrition Consultations

Meet with a registered dietitian. Most insurances welcome and cash discounts available. Flexible, convenient times available. Call 702.616.4975.

Fast Track to Being Smoothie Savvy-Cooking Demo

Celebrate National Nutrition Month by learning how to be smoothie savvy. Smoothies are great ways to create quick, nutritious meals all while adding delicious variety that will keep you from getting bored. Come join this interactive class led by our Registered Dietitian and try a smoothie sample.

Tuesday, March 14, 10 to 11 a.m.

Call 702-620-7025 to register.

BLUE FREE

Monday, March 20, 10:30 to 11:30 a.m.

Call 702.620.7800 to register.

FLAM FREE

Tuesday, March 21, 10 to 11 a.m.

Call 702.616.4910 to register.

WEST FREE

Wednesday, March 22, 3 to 4 p.m.

Call 702.616.4378 to register.

HEND FREE

Thursday, March 23, 1 to 2 p.m.

Call 702.620.7862 to register.

NLV FREE

Thursday, March 23, 2 to 3 p.m.

Call 702.616.4975 to register.

Meeting ID: 93747228817

Password: 837426

GV HYBR FREE

Weight-Loss Surgery Program

Interested in weight loss surgery or how to get started? Watch our overview video here: NVWeightloss.org where our Registered Dietitian Bariatric Coordinator take you through the steps to surgery. Email SRDH-BariatricInfo@DignityHealth.org for questions or to schedule an appointment.



Weight-Loss Surgery Support Group

Our bariatric support groups are open to anyone and everyone who is involved in bariatric surgery in any way. You are welcome to join us whether you know someone who's had surgery, are preparing for surgery yourself, or have already had surgery, recently or years ago. We are here to support each other and provide each other a comfortable space to share our experiences. Register at NVWeightLoss.org

Every 3rd Thursday of the month, 5:30 to 7 p.m.

GV FREE

Every 2nd Monday of the month, 5 to 6:30 p.m.

SAN FREE



Check out page 2 for other Healthy Heart nutrition classes!

Many classes require registration. Register online at StRoseHospitals.org/Classes.

CLASS LOCATIONS

Classes are offered at various locations. Please note the location codes below each class date/time, then refer to the location map and addresses on the back cover.

MONTHLY eNEWSLETTER

Sign up for our monthly enewsletter, delivered the first Friday of every month for the month's class listings. Send your email address to jemaima.tagayuna@dignityhealth.org or call 702.620.7800.

LOCATION KEY



GV WomensCare/Outreach Center

Green Valley
2651 Paseo Verde Parkway,
Suite 180
702.616.4901

WEST WomensCare/Outreach Center

Las Vegas
7220 S. Cimarron Road,
Suite 195
702.616.4910

BLUE Wellness Center -

Blue Diamond Campus
4855 Blue Diamond Rd.,
Suite 220, Las Vegas
702.620.7025

HEND WomensCare/Outreach Center

Henderson
Rose de Lima Campus
102 E. Lake Mead Parkway
702.616.4378

SAN San Martín Campus

Las Vegas
8280 W. Warm Springs Road
702.616.4900

NLV Wellness Center -

North Las Vegas Campus
1550 W. Craig Rd.,
Suite 250, North Las Vegas
702.620.7862

ZOOM ZOOM (virtual)

HYBRID

(choose in person or Zoom)

FLAM Wellness Center -

West Flamingo Campus
9880 W. Flamingo Rd.,
Suite 220, Las Vegas
702.620.7800



Dignity Health®
St. Rose Dominican

XRX-1298A (0123)

The WomensCare/Outreach Centers have supported Dignity Health-St. Rose Dominican's commitment to improving the health of the women, men, and children in southern Nevada since 1998. A wide variety of free or low-cost fitness, health, nutrition, pregnancy/parenting, and wellness classes are offered at our six convenient locations. For information, visit StRoseHospitals.org.

Donate to the St. Rose Dominican Health Foundation

Help support our community wellness programs and consider donating to our Health Foundation at SupportStRose.org.