

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@commonspirit.org](mailto:Jemaima.Tagayuna@commonspirit.org).



The Womens Care/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 seven convenient locations. For information, visit [dignityhealth.org/las-vegas/classes-and-events](http://dignityhealth.org/las-vegas/classes-and-events).



**Donate to the St. Rose Dominican Health Foundation**  
Help support our community wellness programs and consider donating to our Health Foundation at [SupportStRose.org](http://SupportStRose.org).

- GV WomensCare/Outreach Center**  
Green Valley  
2651 Paseo Verde Parkway  
Suite 180  
702.616.4901
- HEND WomensCare/Outreach Center**  
Henderson  
Rose de Lima Campus  
102 E. Lake Mead Parkway  
702.616.4378
- ZOOM ZOOM** (virtual)
- HYBR HYBRID**  
(choose in person or Zoom)
- WEST WomensCare/Outreach Center**  
Las Vegas  
7220 S. Cimarron Road  
Suite 195  
702.616.4910
- SAN San Martín Campus**  
Las Vegas  
8280 W. Warm Springs Road  
702.616.4900
- SIENA Siena Campus**  
Henderson  
3001 St. Rose Parkway  
702.616.5000

- WELLNESS CENTERS**
- BLUE Blue Diamond Campus**  
Las Vegas  
4855 Blue Diamond Rd.  
Suite 220  
702.620.7025
- NLV North Las Vegas Campus**  
North Las Vegas  
1550 W. Craig Rd.  
Suite 250  
702.620.7862
- FLAM West Flamingo Campus**  
Las Vegas  
9880 W. Flamingo Rd.  
Suite 220  
702.620.7800
- SAHA Sahara Campus**  
Las Vegas  
4980 W. Sahara Avenue  
Suite 220  
725.307.8901



Please scan the QR code to access the current issue of Reach Magazine



A member of CommonSpirit

# Reach

Together in health and happiness

Summer 2025



HOW TO REGISTER

To register for classes, visit [dignityhealth.org/las-vegas/classes-and-events](http://dignityhealth.org/las-vegas/classes-and-events) or call or text 702.616.4922.



# Breast Screening Services

**Uninsured or Underinsured?**  
You may qualify for a free Mammogram and other breast health services. Call the Engelstad Foundation R.E.D. Rose program to apply 702.620.7858



# Medicare 101

**Decipher the Medicare maze and maximize your benefits.** Medicare covers 65 million Americans, but understanding your benefits can be confusing. The Medicare Assistance Program offers free, unbiased, personalized information to help you navigate Medicare, maximize your benefits, avoid fraud, and explore cost-saving programs.



- HEND** Monday, July 7, Aug. 18 & Sept. 8 at 12:30 p.m.  
Free
- GV** Wednesday, July 30 & Sept. 17 at 10:00 a.m.  
Free
- SAHA** Tuesday, July 1 English, Aug. 5 & Sept. 2 at 1:00 p.m. Spanish  
Free
- FLAM** Friday, July 25, Aug. 29 & Sept. 26 at 11:30 a.m.  
Free
- NLV** Tuesday, July 15 & Sept. 16, at 2 p.m.  
Free

# Volunteer Opportunities

**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!

**Medicare Assistance Program (MAP) Training**  
We need volunteers to make a difference in the community with our free MAP training. Learn how to help yourself and others get the most out of Medicare and help spread the word to protect, detect and report Medicare fraud, errors and abuse. Call 702.616.4926 to register.

Nevada Medicare Assistance Program

Your way through Medicare!

**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 program is supported by the Administration for Community Living (ACL), U.S. Department of Health & Human Services (HHS) as part of a financial assistance award totaling \$1,445,228.12 with 100% funding by ACL/HHS and Nevada Aging and Disability Services Division.

**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.

**HEND** Tuesdays and Thursdays, 1 to 2 p.m.  
FREE

**WEST** Tuesday and Thursday at 9:15 a.m.  
FREE

**BLUE** Wednesdays, 12 p.m.  
FREE

**Yin Yoga**  
**FLAM** **HYBR** Mondays and Thursdays, 9:45 to 10:45 a.m.  
Meeting ID: 964 9303 1685  
Password: Wellness

**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.

**BLUE** Mondays, 9:30 to 10:30 a.m.  
ID: 928 438 7723  
No Password Needed  
FREE

**FLAM** Fridays, 9:30 to 10:30 a.m.  
Zoom ID: 928 4387 723  
No Password  
FREE

**Tai Ji Quan: Movement for Better Balance - Level 1**  
A balance class for adults at risk for falls. Improves muscle strength, balance, flexibility, posture, and mobility. Best results are achieved by completing level 1 and level 2 twice weekly for three months.

**GV** **ZOOM** Starting July 21, Mondays and Wednesdays, in-person and Zoom 12 p.m. to 1 p.m.  
To register call 702.616.4922  
ID: 99105069117  
Passcode: 172186

**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.

**ZOOM** Starting July 21, Mondays and Wednesdays, Zoom 9 a.m. to 10 a.m.

**FLAM** Tuesdays and Thursdays, 3 p.m. to 4 p.m.  
To register, call 702.620.7800

**Intro to Tai Chi Qigong**  
**GV** Mondays at 1 p.m.  
\$3 or 10 for \$20  
Meeting ID: 99105069117  
Password: 172186

**Beginning Tai Chi**  
**GV** Wednesdays at 1 p.m.  
\$3 or 10 for \$20  
Meeting ID: 99105069117  
Password: 172186

**Intermediate Tai Chi**  
**GV** Wednesdays at 2 p.m.  
\$3 or 10 for \$20  
Meeting ID: 99105069117  
Password: 172186

**Advanced Tai Chi**  
**GV** Mondays at 2 p.m.  
\$3 or 10 for \$20  
Meeting ID: 99105069117  
Password: 172186



**Dignity Health Connecting You to Health Insurance Options**  
*Looking to enroll in affordable health insurance? Recent life changes (such as losing health insurance or Medicaid, changes in job or income, or changes in marital status) may qualify you for a Special Enrollment Period, during which you can enroll in coverage. Nevada Health Link is available to help with any loss of coverage.*  
*Contact one of our Certified Enrollment Counselors today for assistance at 702.616.4904 or nevadahealthlink@dignityhealth.org.*

# Screenings & Survivorship

**Freedom from Smoking**  
Kick the habit with this supportive, multistep American Lung Association program. Please email Richard at Richard.Davis@commonspirit.org for more information.

**Health Screenings**  
Keeping good health also means having regular check-ups and knowing your numbers. Have you had a health screening recently?  
**GV** August 12, 8 a.m. to 10 a.m.  
Call or text 702.616.4922 to schedule an appointment.

Registration is not required for most fitness classes. Drop-ins are welcomed!



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.  
**GV** **Thursdays, 2:30 to 3:30 p.m.**  
FREE

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

- NLV** **Mondays, 9:30 to 10:30 a.m.**
- HYBR** Meeting ID: 967 1470 7853  
Password: 370732  
FREE
- WEST** **Saturdays, 9 to 10 a.m.**  
FREE
- BLUE** **Thursdays, 9:30 to 10:30 a.m.**  
Meeting ID: 928 438 7723  
No Password Needed  
FREE

**High Fitness and High Yo**  
This Yoga inspired class incorporates stretching, strength and balance to help you take care of your body, prevent injuries, and maintain overall good health!  
**BLUE HYBR** **Tuesdays and Thursdays, 9:30 a.m.**  
Meeting ID: 928 438 7723  
No password needed

**Surge Strength**  
Targeted, high-rep weight training class led by Kristi, set to music you know and love!  
**NLV HYBR** **Wednesdays, 9:30 to 10:30 a.m.**  
Meeting ID: 967 1470 7853  
Password: 370732  
FREE

**Surge Fit**  
High cardio and weight training, set to music you know and love!  
**NLV HYBR** **Thursdays, 9:30 to 10:30 a.m.**  
Meeting ID: 967 1470 7853  
Password: 370732  
FREE



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

**GV** **Mondays, Wednesdays, and Fridays, 9 to 10 a.m.**  
**Tuesdays, Thursdays, 8 to 9 a.m.**  
**Tuesdays, Thursdays, 1:15 to 2:15 p.m.**  
Meeting ID: 2662794587  
FREE

**WEST** **Mondays and Wednesdays, 1:30 to 2:30 p.m.**  
**Tuesdays and Thursdays 8:15 - 9:15 a.m.**  
Meeting ID: 937 2168 6896  
Password: 927227  
FREE

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

**SAHA** **Fridays, 8:30am**  
**FLAM** **Tuesdays weekly, 1 to 2 p.m.**  
**Fridays weekly, 11:30 am to 12:30 p.m.**

**BLUE** **Wednesday at 1 p.m.**

**Beginner Yoga**  
Join our instructors in learning gentle poses, slow stretching, focused breath work, and guided meditation.  
**BLUE** **Mondays, 12 to 1 p.m.**  
**FLAM** **Thursdays, 11 a.m. to noon**  
FREE

**Gentle Yoga**  
Gain flexibility and balance.  
**WEST HYBR** **Mondays & Wednesdays, 9:30 to 10:30 a.m.**  
**BLUE HYBR** **Mondays 11 a.m. - 12 p.m.**  
ID: 946 887 49631  
Passcode: 451695

**GV** **Tuesdays, Thursdays, 10 a.m.**  
in person only \$5 per session or five sessions for \$20  
**HEND** **Tuesdays, Thursdays, 10 to 11 a.m.**  
FREE

**SAHA** **Mondays, 8:45 to 9:45 a.m.**

**Mixed-Level Yoga**  
Requires experience beyond basic beginner. Bring a block and strap, if possible.  
**WEST** **Mondays & Wednesdays, 8:30 to 9:30 a.m.**  
\$5 per session or five sessions for \$20

**Vinyasa Flow Yoga (Beyond the Basics)**  
Follow your breath and move through yoga postures to build strength, balance, and flexibility.  
**FLAM HYBR** **Monday and Thursdays, 8:30 to 9:30 a.m.**  
Meeting ID: 913 3688 1442  
Password: Wellness  
FREE

Wellness

**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.

**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, coping with depression, discuss emotions, stress management and more!  
Call or text 702.616.4932 for more information on a workshop near you.

**Chronic Disease Self-Management Program**  
Do you want to better manage your overall health while living with a chronic condition? 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!  
Call or text 702.616.4932 for more information on a workshop near you.

**Communication through Sign Language**  
Learn basic signs to increase communication in this three-week workshop for adults.  
**WEST** **Thursdays, July 10, 17, 24, 3:45 to 5 p.m.**  
FREE  
**GV** **Fridays, August 1, 8, 15, 3:45 to 5 p.m.**  
FREE

**Relax and Paint**  
Expand your imagination and enhance your painting skills. Join us for an evening of creativity as we paint. Please call to register.  
**SAHA** **August 21, 6 to 8 p.m.**  
Call 702.616.4922  
**GV** **August 27, 6 to 8 p.m.**  
Call 702.620.7858

**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!

**WEST** **Thursdays, July 10 & 24, August 14 & 28, September 11 & 25, 12 p.m. to 2 p.m.**  
FREE  
**GV** **2nd Thursdays & 4th Wednesdays, 10 a.m. to Noon**  
FREE

**Safe Sitter**  
**Saturday, July 19, 9 a.m. to 3:30 p.m.**  
\$25 lunch included, please call 702.616.4902 to register.

**Older Adult Chronic Disease Support**  
Free Comprehensive Care Coordination for low-income Seniors. Community Health Workers (CHWs) support at-risk Seniors to coordinate their care and connect them to community resources to meet their health, behavioral and social needs. For more information call 725.307.8913 or email julie.tousa@commonspirit.org.

**Stepping On: Fall Prevention Program**  
Did you know that 1 out of 4 people 65 and older falls each year? Learn of ways to decrease your risk of falls through this 7 week workshop. Call or text 702.616.4929 to learn more.  
**GV** **Fridays, September 12 - October 25, 2025, 10 a.m. - 12 p.m.**

**Stepping On: Fall Prevention Facilitation Training**  
You’ll be trained to lead an evidence-based program that empowers older adults with engaging sessions on fall prevention, including balance, vision, medications, and safety.  
**ZOOM** **Wed, July 30 - Fri, July 3 from 8:30 a.m. - 4 p.m. & Fri, Aug 1 from 8:30 a.m. - 2:30 p.m.**  
Call or text 702.616.4929 or email Tori.Diego@Commonspirit.org



**Senior Nutrition Program**  
Seniors in need of monthly supplemental food assistance call 702.616.4328 for assistance.

**Stop the Bleed**  
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. Call 702.616.4902 to register.  
**GV** **Wednesday, July 2, August 6, & September 3, 5:30 to 6:30 p.m.**  
FREE

**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 725.307.8913.

**The Mats Project**  
Looking for volunteers to join this group in upcycling plastic bags that are salvaged into eco-friendly sustainable sleeping mats for those experiencing homelessness. Please email merrimedley@crochetclass.org or call 702.620.7800 for more information  
**FLAM** **1st and 3rd Thursdays Monthly, 1 to 3 p.m.**

Many classes require registration. Register online at [dignityhealth.org/las-vegas/classes-and-events](https://dignityhealth.org/las-vegas/classes-and-events)





## Heart and Stroke Programs

### Eat Heart Smart for Life

Learn to manage high blood pressure, high cholesterol, and high triglycerides with nutrition strategies for a healthy heart.

**NLV** Thursday, August 21, 11 a.m. to 12:15 p.m.

Text 702-579-5180 to register.

FREE

**ZOOM** Tuesday, September 9, 2 to 3:15 p.m.

Text 702-579-5180 to register and for link access.

FREE

### Healthy Heart Program

This 4-week series is designed to boost your confidence in managing heart disease. Get access to customized classes and one on one consultations with a Registered Dietitian! For more information or to register, please call or text Angel Garcia at 702.616.4932 or email, angel.garciasaavedra@commonspirit.org

### 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 será en vivo por plataforma Zoom o en persona. ¡Espacio es limitado! Llame para reservar. Para obtener más información llame o mande un mensaje de texto a a Angel Garcia al 702.616.4932 o envíe un correo electrónico a angel.garciasaavedra@commonspirit.org

### Healthy Heart Ambassador - Blood Pressure Self-Monitoring Program (BPSM)

This evidence-based program is designed to help adults with hypertension lower and manage their blood pressure. The 4-month program focuses on regular home self monitoring using proper blood pressure measuring techniques, one-on-one consultations with a trained program facilitator, support and group-based nutrition education for better blood pressure management. Call or text us at 702.616.4932 for the next start date.

## Diabetes Management

### Prediabetes: Steps to Prevent Diabetes

With early detection and awareness, you can take action to prevent or delay Type 2 diabetes. Learn the steps for lifestyle changes toward better health.

**GV** Monday, August 18,

3:30 to 4:30 p.m.

Registration is required.

Call or text 702.579.5180

to register.

FREE

**ZOOM** Friday, September 19,

10 to 11 a.m.

Call or text 702.579.5180 to

register and for link access.

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, call or text 702.616.4975.

### Diabetes Self-Management Program

Be empowered to better manage your diabetes while learning different tools to live a healthier and happier life! During the 6 weekly sessions, you'll learn healthy eating, dealing with stress, goal setting, positive thinking, developing support systems, and so much more! call or text 702.616.4932 for more information and to register.

### Diabetes Lifestyle Training and Education

Our registered dietitians and nurses are certified diabetes care and education specialists who are available to help you succeed in managing your diabetes care. Learn diabetes self-management skills offered in individual and group settings. Call or text 702.616.4975 for details.

## Support Groups

### AA for Women

**GV** Mondays, 6:30 p.m.

### Alzheimer's Support

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

### Amputee Support

Email jlamoree@dignityhealthrehab.com for more information

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

### Bereavement Support

Each "set" of offerings runs for eight sessions.

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

### Stroke Support Group

Dignity Health Rehabilitation Hospital  
2nd Thursday, 11 a.m. to 12 p.m.

### Breast Cancer Support Group - Bilingual

The RED Rose Support Group welcomes women who have been diagnosed with breast cancer, living with metastatic breast cancer, and their family members. Join us in this positive space as we work together uplifting each other through group activities to help your best.

**NLV** Spanish, 3rd Monday, Monthly 11 a.m. to 12:30 p.m.

**NLV** English, 3rd Friday, Monthly 10:30 a.m. to noon

**SAHA** Every First Thursday of the month, 10:30 a.m. to Noon

### Caregiver Support

**GV** Mondays 11 a.m. & Thursdays 1 p.m.

**NLV** Spanish Support Group, 3rd Mondays at 4:30 p.m. and 4th Fridays at 5 p.m.

Por favor llame al 702.592-6719 para registrarse.

**SAHA** Every other Tuesday at 5:30 p.m. Spanish

Por favor llame al 702.592.6719 para registrarse.



### 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.

### Diabetes Support Group

**GV** 1st Wednesdays, Monthly, 10 to 11 a.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 to register.

**GV** Fridays, noon to 1 p.m.

### MS Support Group

Email stevenpastrone@gmail.com for more information

**FLAM** 1st Mondays monthly, 6 to 8 p.m.

### Narcotics Anonymous

**HEND** Mondays, 6 p.m.

**HEND** Fridays, 6 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.

## Mental Health

### 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@commonspirit.org for additional information and registration.

**ZOOM** July 9, September 25 and November 13, \$24.95

### Youth Mental Health First Aid

**ZOOM** \$24.95

Many classes require registration. Register online at [dignityhealth.org/las-vegas/classes-and-events](https://dignityhealth.org/las-vegas/classes-and-events)



# Ryan White Programs (HIV)

## Ryan White Eligibility

Living with HIV and need resources? Enroll in the Ryan White Program for medical and support services like food, dental care, financial aid, medication assistance, and transportation. Call 702.616.4481 for eligibility.



## Nutrition

### Nutrition Consultations

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

### St. Rose Dominican Surgical Weight Loss Program

Interested in weight loss surgery or how to get started? Watch our overview video here: NVWeightloss.org where our Registered Dietitian Bariatric Coordinator takes you through the steps to surgery. Email SRDH-BariatricInfo@commonspirit.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 a comfortable and caring space to share our experiences. To view the most up-to-date schedule of support group dates, times, and locations, please visit NVWeightLoss.org and register to join any of our upcoming sessions.

## Dementia

### Let's Slow Down Dementia with Cognitive Stimulation Therapy

7 week class for mild to moderate dementia, designed to "Slow down" dementia (evidence based).

**GV NLV** July 22 - Sept 4th, Tues/Thurs, 11:15 a.m. Free

**Oct. 7 - Nov. 20**  
Tues/Thurs, 11:15 a.m.  
(Call or text 702.616.4919 to assess /register)

### Weekly maintenance (prerequisite/register)

Ongoing maintenance group for those who completed the program. Call for NLV, and Sahara for schedule. Register/assess call or text 702.616.4919

**GV** Mondays, 11 a.m. Thursdays, 1 p.m.  
**HEND** Mondays 1:30 p.m.

### Spanish CST Let's Slow Down Dementia with Cognitive Stimulation Therapy

**SAHA** Starts March/April, Monday/Wednesday 11 a.m. FREE  
Please call for schedule. 725.307.8922

### Powerful Tools for Caregivers (PTC) Class Leader Training

You will be able to empower caregivers by giving them tools like improving self-confidence, balancing their life, reducing stress, better communication skills, making tough decisions and locating helpful resources.

**ZOOM** Monday, October 6 - Friday, October 10, 2025 from 9 a.m. - Noon  
Call or text 702.616.4929 or email [Tori.Diego@Commonspirit.org](mailto:Tori.Diego@Commonspirit.org)

### Powerful Tools for Caregivers

Caregiving for a loved one can be a big responsibility. Join this workshop for caregivers to learn self-care strategies and techniques to increase relaxation and reduce stress.

**GV NLV** Tues & Thurs, July 22-Sept. 4th and Oct 7-Nov. 20, 11:15 a.m. - 12:15 p.m.  
Call to register 702.620.7801

### Herramientas Poderosas para Cuidadores

¿Cuida de un ser querido? Este programa GRATIS, basado en evidencia, lo capacita para cuidar de usted mismo mientras cuida a alguien más. Al cuidar su propia salud y bienestar, se convierte en un mejor cuidador. Permítanos enseñarle cómo llenar de vida su vida. Por favor llama 702.592.6719 para obtener más información.

**ZOOM** GRATIS



nevada  
health link

### Dignity Health Connecting You to Health Insurance Options

Looking to enroll in affordable health insurance? Recent life changes (such as losing health insurance or Medicaid, changes in job or income, or changes in marital status) may qualify you for a Special Enrollment Period, during which you can enroll in coverage. Nevada Health Link is available to help with any loss of coverage.

Contact one of our Certified Enrollment Counselors today for assistance at 702.616.4904 or [nevadahealthlink@dignityhealth.org](mailto:nevadahealthlink@dignityhealth.org).

Many classes require registration. Register online at [dignityhealth.org/las-vegas/classes-and-events](https://dignityhealth.org/las-vegas/classes-and-events)



# 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](http://nvmch.org) or call 775.553.8024.

**Perinatal Mental Health Disorders (PMHD) Training**  
In this 60-minute virtual training, you will gain a better understanding of what PMHDs are, who is impacted, learn the risk factors associated with PMHDs, stigmas and their effects, and how to identify local resources and referral systems. Please call 775.553.8024 or visit [nvmch.org](http://nvmch.org) to learn more and to register.  
**July 15, 10 - 11 a.m.**  
**August 19, 10 - 11 a.m.**  
**September 16, 10 - 11 a.m.**  
FREE

**Safe Sleep Training for Parents and Caregivers**  
Learn the ABCs of safe sleep to ensure the well-being of your infant. Please call 775.553.8024 or visit [nvmch.org](http://nvmch.org) to learn more.  
**2nd and 4th Wednesdays of each month from 12 - 1:30 p.m.**

**FREE Birth Center Tours**  
Siena Campus:  
Thursday evenings

Register at  
[StRoseHospitals.org/classes](http://StRoseHospitals.org/classes).



# Breastfeeding/Prenatal Classes



## Baby Basics

Learn the basics of caring for your newborn.

**GV** **July 17, August 21, September 18,**  
**6 to 9:30 p.m.**  
\$30 per couple

## Baby Weigh Stations

Baby weight checks. No appointment necessary.

**GV WEST HEND** FREE

## Breastfeeding

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

**GV** **July 15, Aug 19, and Sept 16**  
**6 to 8 p.m.**

## Breastfeeding Helpline and Consultations

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

**GV**

## Daddy Boot Camp

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

**GV** **Saturday August 16, and**  
**October 18, 9 to 11 a.m.**  
\$20

## New Mommy Mixer

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

**GV** **Fridays, 11 a.m. to Noon**  
FREE

## Prepared Childbirth

This two-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.

**GV** **July 1 and 8, August 12 and 19,**  
**September 2 and 9, 6 to 9 p.m.**  
\$35

## 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.

**GV** **July 12, August 9, September 27,**  
**9 a.m. to 3 p.m.**  
\$35

## Infant CPR

Learn the basics of Infant CPR and choking. No exam and no card issued.  
**July 9, August 6, September 17,**  
**6 to 8 p.m.**  
\$20 per couple

## Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline:  
800.784.8669.

## Compartiendo con Nuevas Mamás

Te invitamos a socializar con otras mujeres embarazadas, mamás primerizas y sus bebés. Hablar sobre el cuidado personal, la conexión con tu bebé, la seguridad infantil, la importancia de la atención primaria, la nutrición y el cuidado posparto.

**SAHA** **3er Viernes del mes, Junio 20,**  
**Julio 18, Agosto 15,**  
**Septiembre 19, 11:30 a.m.**  
**to 12:30 p.m.**  
Llame al 702.285.7754 para registrarse.  
GRATIS

# Infants, Children & Parenting

## Sing and Sign: Food Time

For parents with children ages newborn to 2 years.

**WEST** **Thursdays, July 3 and 17, August 7**  
**and 21, September 4 and 18,**  
**1 to 1:30 p.m.**

**WEST** **Saturdays, July 12, August 9, and**  
**September 13, 12:30 - 1 p.m.**

**GV** **Tuesdays, July 1 and 15, August 5**  
**and 19, September 9 and 16,**  
**1:30 to 2 p.m.**  
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.

## Circle Time with Miss Nicole

Step into Circle Time with Miss Nicole, where play is the key to learning. Through storytime, songs, and movement exercises, little ones develop fine and gross motor skills while engaging their curious minds. Miss Nicole fosters a nurturing environment where every interaction is an opportunity for growth and exploration. Join the "fun-filled" journey of Circle Time, where play and learning intertwine seamlessly. Ages 12 months-3 years old.

**HEND** **July 10, August 14 , September 11,**  
**2:15 to 3 p.m.**

# Family Fitness

## Mommy & Baby Yoga

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

**BLUE** **Wednesdays, 12 pm - 1pm**  
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.

**FLAM** **Tuesdays weekly, 12 to 1 pm**  
FREE

**BLUE** **Wednesdays, 11 a.m. - 12 p.m.**  
FREE

## Zumbini

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

**GV** **Monday 10 a.m., Tuesday**  
**and Thursdays, 9:15 a.m.,**  
**Saturday 10:30 a.m.**  
FREE

**HEND** **Wednesdays, 2:00 p.m.**

**WEST** **Saturdays, 11:15 a.m.**  
**Tuesdays & Thursdays, 10:15 a.m.**  
FREE

**BLUE** **Wednesdays and Fridays,**  
**9:30 a.m.**  
**Thursdays, 10:45a.m.**  
FREE

**FLAM** **Tuesdays, 10 a.m. and 11 a.m.**  
FREE

**NLV** **Tuesdays 5:30 p.m. and**  
**Saturdays from 10:30 a.m.**  
FREE

**SAHA** **Fridays 10 a.m.**

## STEAM Starts

**BLUE** **Wednesdays 8:30 - 9:30 a.m.**  
**and Thursdays 4:30 - 5:30 p.m.**

**GV** **Mondays 9. - 9:45 a.m.,**  
**Tuesdays 4:30 - 5:15 p.m.**  
**and Saturdays 9:30 a.m.**



CARE Chest is Nevada's only nonprofit provider of free medical equipment, supplies, independent living home modifications, supplemental nutrition, and other vital resources to Nevadans in need. For information and to apply for assistance, visit [CareChest.org](http://CareChest.org) or call 866.206.5242.



Many classes require registration. Register online at [dignityhealth.org/las-vegas/classes-and-events](http://dignityhealth.org/las-vegas/classes-and-events)