

Reach

Together in health and happiness

Winter 2026



HOW TO REGISTER

To register for classes, visit dignityhealth.org/las-vegas/classes-and-events or call or text 702.616.4922.

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 702.616.4975.

Become a Senior Peer Counselor

The volunteer 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

9 week training. Volunteer application required. February/March 2026
To participate call 725.307.8913.

Breast Screening Services

Uninsured or Underinsured?

You may qualify for a free mammogram and other breast health services. If you are in active treatment for breast cancer you may qualify for Financial Assistance. Call the Engelstad Foundation R.E.D. Rose Program at 702.620.7858. Funded by the Engelstad Foundation.

Medicare 101

Decipher the Medicare maze and maximize your benefits.

Medicare covers 68 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.

GV Monday, January 12 & March 9
at 2 p.m.
Free

SAHA Tuesday, January 6,
February 3, March 3, April 7,
May 5 & June 2 at 1 pm
Spanish
Free

NLV Tuesday, February 17 at 2 p.m.
Free

FLAM Monday, January 19,
February 16 & March 23
at 11:30 am
Free

HEND Thursday, January 22,
March 26 & May 21
at 10:30 a.m.
FREE

BLUE Tuesday, January 6 at 11 a.m.



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



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 and Human Services (HHS) as part of a financial assistance award totaling \$1,108,172.12 with 100 percent funding by ACL/HHS and the Nevada Department of Human Services (DHS). The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS or the U.S. Government.

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 and to register.

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, January 15, 22, 29, 3:45 to 5 p.m.
FREE

GV Fridays, February 6, 13, 20, 3:45 to 5 p.m.
FREE

FLAM Mondays, March 2, 9, 16 3:45-5 p.m.

Senior Nutrition Program

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

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 Wednesday, February 18, 6 to 8 pm.

Register: 725-307-8901

GV Wednesday, February 25, 6 to 8 p.m.

Call 702.616.4922

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, January 8 & 22, February 12 & 26, March 12 & 26, 12 to 2 p.m.

FREE

GV 2nd Thursdays & 4th Wednesdays, 10 a.m. to Noon
FREE

Safe Sitter

Saturday, January 31, 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.

GV Fridays, January 23 - February 27, 10 a.m. - 12 p.m.

Call or text 702.616.4929 for more information.

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, January 7, February 4, and March 4, 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 2nd & 4th Thursdays monthly, 1 to 3 p.m.

Power of Attorney: Community Education Workshop

In collaboration with the Southern Nevada Senior Law Program, join us in this free workshop led by a law professional to learn about power of attorney documents - what they are, why every adult needs them, and how to create ones that work for your specific situation. Call 702.620.7800 for more information or register.

GV Call 702.616.4902 for more information or register.
Monday, February 23 at 1:30 p.m.



Nutrition

Lighten-up: The Path to Your Best Self - Weight Management Session

Your path to a healthier, lighter you starts here. This weight management class goes beyond the scale, exploring the behaviors and techniques that truly impact your ability to achieve and maintain a healthy weight for life.

GV Wednesday, February 4,
2 to 3 p.m.

Nutrition Consultations

Meet with a registered dietitian. Most insurances welcome and cash discounts are available. Call or text 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.



Ryan White Programs (HIV)

Our program is dedicated to guiding and supporting clients living with HIV by providing comprehensive medical case management, helping them access medical care, find resources, and more.

- Food Bank Services
- Support Group Services
- Health Education Classes
- Centralized Eligibility
- Medical Nutrition Therapy Program
- Medical Transportation

Call 702.616.4481 for eligibility.



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.

The enrollment period runs from November 1 until January 15.

Contact one of our Certified Enrollment Counselors today for assistance at 702.616.4904 or nevadahealthlink@commonspirit.org.

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 Thursday, March 19,

11 a.m. to Noon

Registration is required.

Call 702.616.4975 to register.

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.

Program starts in Spring and Fall.

To learn more, call or text 702.616.4975.

Program will start in April 2026.

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.

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 on a workshop near you.

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.

GV Monday, January 26,

1:30 to 2:30 p.m.

Registration is required.

Call 702.616.4975 to register.

FREE

Air Frying for Better Wellness

Get ready to revolutionize your kitchen, with expert guidance! This exciting Air Frying Fanatics demonstration, led by our Registered Dietitians, will dazzle you with simple yet sensational recipes, smart dietitian-approved tips, and the incredible versatility of this must-have appliance.

GV Wednesday, February 11

10:30 to 11:30 a.m.

The In's and Out's of Fiber

Unlock the power of fiber for a healthier you! Discover its digestive benefits, role in disease prevention, and how to easily incorporate more into your diet.

FLAM February 18, 11am to 12pm

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

GV Mondays, starting February 9,
1:30 to 2:30 p.m.

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

Many classes require registration. Register online at 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.

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 visit nvmch.org to learn more and to register.

January 9 at 10 a.m.

February 11 at 10 a.m.

March 13 at 10 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 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
dignityhealth.org/las-vegas/classes-and-events

Breastfeeding/Prenatal Classes



Baby Basics

Learn the basics of caring for your newborn.

GV **January 15, February 19, March 19, 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 **Tuesdays, January 20, February 17 and March 17, 6 to 8 p.m.**
\$30 per couple

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 February 21**
9 a.m. to 11 a.m.
\$20

Infant CPR

Learn the basics of Infant CPR and choking. No exam and no card issued.

January 21, February 18, March 18, 6 to 8 p.m.
\$20 per couple

Prepared Childbirth

This two-week session, held on Wednesday 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 **January 7 & 14, February 4 & 11, March 4 & 11, 6 to 9 p.m.**
\$35 per couple

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 **January 10, February 7, March 7, 9 a.m. to 3 p.m.**
\$35 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 11:30 a.m. - 12:30 p.m.**
Enero 16, Febrero 20, Marzo 20, Abril 17, y Mayo 15.
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, January 15, February 5 & 19, March 5 & 19 1 p.m.

WEST Saturdays, January 10, February 14, & March 14 12:30 p.m.

GV Tuesdays, January 6 & 20, February 3 & 17, March 3 & 17, 1 to 1:30 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.

Friendship Builders

Join Miss Nicole for Friendship Builders, a heart-centered caregiver-and-child class for ages 2.5 to 5. Using the Kimochis® social-emotional curriculum, little learners build kindness, confidence, and connection - while caregivers learn simple, effective tools they can use at home. Each week features one of our 10 core friendship values. No registration required- everyone is welcome to join!

BLUE Thursdays at 11:30 a.m.

GV Tuesdays at 3 p.m.

Circle Time with Miss Roni

Step into Circle Time with Miss Roni, 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 Roni 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. Designed for ages 12 months-3 years old.

HEND January 8, February 12, March 12, 2:15 -3 p.m.

BLUE Wednesdays, 10:15 - 11 a.m.

GV Mondays, 4:15 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.

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

FREE

Play and Learn

(Ages 18 months – 4 years)

Little ones will sing, play, build, and explore in this lively class made just for curious toddlers and preschoolers! With songs, games, hands-on centers, and a fun craft here and there, every session is a new adventure in learning through play.

BLUE Fridays, 10:15 to 11 a.m.

GV Mondays 9 - 9:45 a.m., Tuesdays 4:30 - 5:15 p.m. and 1st and 3rd Saturday of the month 10 a.m.

Zumbini

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

HEND Monday 10 a.m., Tuesdays at 9:15 a.m. and 3:45 p.m. and Thursdays, 9:15 a.m., 1st and 3rd Saturday of the month 10:30 a.m.

FREE

WEST Tuesdays at 10:15 a.m.

Thursdays at 10:30 a.m.

Saturdays at 11:15 a.m.

HEND Wednesdays 2 - 2:45 p.m.

FREE

BLUE Wednesday 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 at 11 a.m. and 12 p.m.

FREE

SAHA Fridays 10 a.m.

Many classes require registration. Register online at dignityhealth.org/las-vegas/classes-and-events

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 725.307.8913.



Memory Cafe

Monthly, 1 hour "Coffee/Donuts" socialization for Dementia patients and caregivers, with fun cognition activities, offered at various locations through out the valley. Starting January 2026

Call 702-616-4919

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 Tuesdays and Thursdays, 11:15 a.m. from January 20 to March 5 (call, prerequisite required)

Call for NVL and Sahara schedule. To register call 702.616.4919

SAHA Spanish, April 21 - June 4, Monday/Wednesday, 11 am FREE 725.307.8922

Call 702.616.4919 for the schedule of the CST maintenance classes.

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 Tuesday & Thursday, January 20 - March 5 11:15 a.m. - 12:15 p.m.

Call or text 702.616.4929 for more information.

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. Permitanos enseñarle cómo llenar de vida su vida. Por favor llama 702.592.6719 para obtener más información.

ZOOM Viernes, Enero 16 - Febrero 20 de 9 - 10:30 a.m.

Adult Mental Health First Aid

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.

GV February 25, 9 a.m. to 4 p.m. \$24.95

Youth Mental Health First Aid

ZOOM \$24.95

The One Stop Shop for Mental Wellbeing Resources

The free online platform brings together expert rated and vetted videos, podcasts, apps, books and articles all in one easy to use place. Visit clarkcountythrive.crediblemind.com to sign up.



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 or call 866.206.5242.



Support Groups

AA for Women

GV Mondays, 6:30 p.m.

Alzheimer's Support

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

Bereavement Support

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, 2nd Friday, 10 - Noon

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

SAHA 1st Thursday, 10:30 a.m. - Noon

Caregiver Support

GV Mondays 11 a.m.

SAHA **ZOOM** 1st Tuesday of each month
from 10 - 11 a.m.
3rd Friday of each month
from 5:30 - 6:30 p.m.
Spanish
Por favor llame al
702.592.6719 para registrarse.

Chronic Pain support group

SAHA 3rd Thursday, Monthly
English at 4 p.m.
Español a las 6 p.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.

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 for more information.

GV Fridays, noon to 1 p.m.

MS Support Group

Support group that brings together individuals living with multiple sclerosis and their caregivers for connection, understanding, and mutual encouragement. 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.

GRASP

Grief Recovery After a Substance Passing GRASP provides sources of help, compassion and most of all understanding for individuals and families who have had someone they love die as a result of substance use or addiction.

GV 2nd Tuesday of the month 6 p.m.

SMART Recovery for all Addictions

GV Thursdays, 6 p.m.

HEND Tuesdays & Thursdays, 3 p.m.

Shining Stars Women's HIV Support Group

Biweekly support group where any person who identifies as a woman living with HIV can join and find support in all aspects of life. Talk about your lived experience, discuss hardships, form friendships and relationships.

NLV Every 4th Friday of the month,
10 a.m. to Noon

SAHA Every 2nd Tuesday of the month,
10 a.m. to Noon

Spanish HIV Support Group

El Grupo de Apoyo es un poderoso recordatorio de que todos estamos juntos en esto. Crear un sentido de comunidad donde todas las voces sean escuchadas, respetadas y valoradas. Debe ser elegible para Ryan White Parte A. 725.307.8901

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.

Many classes require registration. Register online at dignityhealth.org/las-vegas/classes-and-events

Fitness

Brain Body Bingo

Bingo mixed with chair stretching, and cognitive stimulation. Prizes & Fun..

GV 1st Thursday of the month,
2:30 to 3:30 p.m.
FREE

High Fitness

High energy, intense group fitness class led by Emily or 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 9 to 10:30 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.

WEST Mondays and Wednesdays, 1:30 to 2:30 p.m.
Tuesdays and Thursdays 8:15 - 9:15 a.m.
Meeting ID: 967 0220 9528
Passcode: 289067
FREE

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

FLAM Tuesdays weekly, 12 to 1 p.m.
Fridays weekly, 11:30 a.m. to 12:30 p.m.

SAHA Fridays 8:30 to 9:30 a.m.

NLV Mondays: 3:30 - 4:30 p.m.
Wednesdays: 2:30 - 3:30 p.m.
Saturdays: 9 - 10 a.m.
FREE

BLUE Mondays, 2pm to 3pm
Wednesdays, 1 p.m. to 2 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.
ID: 967 0220 9528
Passcode: 289067

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

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.
ID: 967 0220 9528
Passcode: 289067

FLAM **HYBR** Monday and Thursdays,
8:30 to 9:30 a.m.
Meeting ID: 913 3688 1442
Password: Wellness
FREE

Vinyasa Flow Yoga (Beyond the Basics)

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

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

Yin Yoga

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

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 **HYBR** Tuesdays and Thursdays, 9:15 a.m. FREE
ID: 967 0220 9528
Passcode: 289067

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.

HYBR Zoom ID: 928 4387 723

No Password

FREE

Stretch and Massage

Join us in this chair-based class led by a licensed massage therapist and learn gentle stretches for the whole body. Build community, chat with other students, and leave feeling both relaxed and refreshed.

FLAM Tuesdays, 1-2 p.m.

Fridays, 12:30-1:30 pm

Free

BLUE Wednesdays, 2 pm to 3 p.m.

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 **HYBR** Mondays and Wednesdays, starting January 26, from 12 to 1 p.m.

To register call 702.616.4922.

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 Mondays and Wednesdays, Starting January 26 from 9 to 10 a.m.

To register call 702.616.4922

FLAM Tuesdays and Thursdays, 3 p.m. to 4 p.m.

To register call 702.620.7800

12 p.m. to 1 p.m.

Tai Ji Quan: Moving for Better Balance - Advanced Level 2

On-going Tai Ji Quan program for more experienced participants.

GV Mondays and Wednesdays, 11 a.m. to 12 p.m.

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

Arthritis Gold

Arthritis Gold is a gentle stretch and strength exercise class designed to help people with arthritis improve their flexibility, range of motion, and muscle strength while managing pain and stiffness. Arthritis Gold is suitable for those new to exercises and those with more experience.

NLV Mondays: 4:30 - 5:30 p.m.

Wednesdays: 3:30 - 4:30 p.m.

Saturdays: 10 - 11 a.m.

FREE

Guided Meditation

Experience deep relaxation with yoga nidra, a guided practice where your body rests while your mind stays aware. This practice aims for a profound mental and physical reset. Feel free to bring a blanket or pillow for comfort. Yoga nidra can reduce stress, anxiety, and insomnia.

BLUE Mondays 1 to 2 p.m.

Screenings & Survivorship

Health Screenings

Keeping good health also means having regular check-ups and knowing your numbers. Have you had a health screening recently?

GV February 10, 8 to 10 am.

Call or text 702.616.4922 to schedule an appointment.

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

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.

LOCATION KEY



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.



Donate to the St. Rose Dominican Health Foundation
Help support our community wellness programs and consider donating to our Health Foundation at 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



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