

Community Wellness Classes & Events



Dignity Health®
St. Rose Dominican

HOW TO REGISTER

To register for classes, visit StRoseHospitals.org/Classes, call 702.616.4900 24/7 or scan this QR code to easily link to the web page.



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.

BI-WEEKLY ENEWSLETTER

Sign up for our bi-weekly enewsletter, delivered every other Friday with the next two weeks' class listing. Send your email address to jemaima.tagayuna@dignityhealth.org or call 702.620.7800.

TABLE OF CONTENTS

2 Special Events	3 Diabetes Management	3 Cancer Screenings & Survivorship
4-5 Family Education	5-7 Fitness	
7 Heart & Stroke Programs	8 Mental Health	9 Nutrition
10 Wellness	11 Support Groups	11 Ryan White Programs

November is Diabetes Month

The Community Wellness Centers will be hosting various events featuring access to education and fun activities to raise awareness. Stay tuned to our e-newsletter, website and social media for more details.

Special Events

Drive-Thru Flu and COVID Shot Clinic
Immunize Nevada reminds you that an annual flu vaccine is recommended for everyone 6 months of age or older. Come get your flu vaccine. Please bring insurance card. Flu vaccines have \$0 cost under most plans.
Friday, Oct. 8, 10 a.m. to 1 p.m.
(San Martín rear parking lot - enter on Cimarron Road)
SAN

Medicare Assistance Program (MAP)
Open enrollment runs from October 15 to December 7, 2021. Call 702.616.4926 for assistance.

Uninsured? Nevada Health Link
Open enrollment runs from November 1 to January 15. Enroll by Dec. 15 to have benefits begin January 1, 2022. Call 702.616.4904 for assistance with a Certified Enrollment Counselor.

Mammogram Screening Event
Rose P.E.T.A.L.S (Promoting Empowerment through Awareness Love and Support) in collaboration with the Mammovan and the Engelstad Foundation R.E.D. Rose Program is hosting a pop up mammogram screening event. Prior to your FREE mammogram, join us in the Wellness Center for a guided meditation with our yoga instructor, relaxing art therapy session, and handcrafted refreshments. Call 702.620.7858 for information or to schedule your mammogram!
Tuesday, Oct. 26, 7:40 a.m. to 3:40 p.m.
NLV FREE

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.
Wednesday, Oct. 6, Nov. 3, Dec. 1 5:30 to 6:30 p.m.
GV FREE

Diabetes Management

Diabetes Lifestyle Training and Education

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, both are taught by diabetes care and education specialists. A variety of class times and days available; call 702.616.4975 for pricing and details. Physician referral and individual visit required prior to class.

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 help you develop healthy eating habits, increase your physical activity, and keep you motivated to make healthy changes. Learn more and register at 702.616.4975.

Tuesdays, 2 to 3 p.m., starting Oct. 26

GV

On the Road to Better Managing Your Diabetes

Featuring a game-like map, this interactive class led by a diabetes educator can help you learn the skills you need to manage your diabetes. This virtual class is offered in two parts. To register and get access to the materials, please call 702.616.4975.

Thursdays, Oct. 21 and 28, 4 to 5 p.m.

Mondays, Dec. 6 and 13, 11 a.m. to noon

ZOOM FREE

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. Call 702.616.4975 for information.

Tuesday, Oct. 19, 2 to 3 p.m.

GV \$10

Wednesday, Nov. 17, 10 to 11 a.m.

Meeting ID: 917 0808 7189

Password: 3o0G72Qu

ZOOM FREE

Cancer Screenings & Survivorship



Freedom from Smoking

Kick the habit with this supportive, multistep American Lung Association program.

To join a group, call 702.616.4915.

HEND FREE

Mammograms

Uninsured or underinsured? You may qualify for a free mammogram. The Engelstad Foundation R.E.D. Rose Program provides breast exams, mammograms, ultrasounds, surgical consultations, biopsies, and support services to women and men who lack adequate health care coverage or the financial means to obtain them. Bilingual services are available. Please call 702.620.7858 if you are 49 or younger. Funded by the Engelstad Foundation.

Call 877.682.6266 for the mammogram if you are 50 or older.



Many classes require registration.

Register online at StRoseHospitals.org/Classes or call 702.616.4900 24/7 to register.

Infants, Children & Parenting

Baby Basics

Learn the basics of caring for your newborn!

Thursday, Oct. 7, 6 to 9 p.m.

Thursday, Nov. 4, 6 to 9 p.m.

Thursday, Dec. 2, 6 to 9 p.m.

GV \$30

Daddy Boot Camp

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

Saturday, Oct. 9, 10 a.m. to noon

Saturday, Dec. 11, 10 a.m. to noon

GV \$20

New Mommy Mixer

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

Wednesdays, 11 a.m. to noon

WEST FREE

Fridays, 11 a.m. to noon

GV FREE

Baby Weigh Stations

Baby weight checks. No appointment necessary.

GV WEST HEND FREE

Happiest Baby on The Block

Dr. Harvey Karp's "Happiest Baby on The Block" program promises a new way to calm your baby's crying and help him/her sleep longer. We give you hands-on tips to transform a crying, colicky baby into one who is carefree, happy, and effortlessly calm (for parents of babies from birth - 2 months)

2nd Monday of every month,

9:30 to 10 a.m.

GV FREE

**Please bring a small blanket.*

Mommy & Baby Yoga

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

Mondays, Noon to 1 p.m.

BLUE HYBR FREE

Fridays, 10 to 11 a.m.

WEST FREE

St. Rose WIC Nutrition Program

Healthy food, nutrition consultations, and breastfeeding support. For children up to age 5 and expecting mothers. Call 702.616.4905. This institution is an equal opportunity provider.

GV WEST HEND FREE

Parenting the Love and Logic® Way

Would you like your child to listen the first time? Learn helpful, easy tips to parent without breaking a sweat. Parents and caregivers of children ages 0-18.

Wednesdays, Oct. 13, 20, 27,

Nov. 3, 10, 17,

3:30 to 5:30 p.m.

ZOOM FREE

Sing and Sign: Food Time

For parents with children ages newborn to 2 years.

Tuesdays, Oct. 5, 19, Nov. 2, 16,

Dec. 7, 21,

1 to 1:30 p.m.

GV FREE

Thursdays, Oct. 7, 21, Nov. 4, 18,

Dec. 2, 16,

2 to 2:30 p.m.

WEST FREE

FREE Birth Center Tours

**San Martín
Campus:**

Tuesday evenings

**Siena
Campus:**

Thursday evenings

Register at
StRoseHospitals.org/classes.



Breastfeeding/Prenatal Classes

Breastfeeding

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

Friday, Oct. 8, noon to 1:30 p.m.

Friday, Nov. 12, noon to 1:30 p.m.

Friday, Dec. 10, noon to 1:30 p.m.

GV \$30

Breast Pump Rentals

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

GV WEST

Breastfeeding Helpline and Consultations

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

GV WEST \$50

Prenatal Yoga

Helps you become more resilient during and after pregnancy.

Tuesdays, 3 to 3:45 p.m.

FLAM HYBR FREE

Class ID: 4523 19753

No password

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.

Saturday, Oct. 9, 23, 9 a.m. to 3 p.m.

Saturday, Nov. 13, 9 a.m. to 3 p.m.

Saturday, Dec. 11, 9 a.m. to 3 p.m.

GV \$35

Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline: 800.784.8669.

Pregnancy & Childbirth

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.

Text4Baby

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

Car Seat Safety Checks

Call 702.616.4902 for an appointment.

GV WEST HEND FREE

Perinatal Mood and Anxiety Disorders 101 Training

In this 60-minute virtual training, you will gain a better understanding of what PMADs are, who is impacted, the risk factors associated with PMADs, stigmas and their effects, and how to identify local resources and referral systems. Call 702.616.4377 to learn more and to register.

Tuesday, Oct. 12, 11 a.m. to noon

Wednesday, Oct. 20,

10:30 to 11:30 a.m.

Thursday, Oct. 28, 4 to 5 p.m.

ZOOM

Support for Moms-to-Be and New Moms

Did you know that up to 20 percent of 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 702.616.4377.

Fitness



Beginner's Yoga

All Levels. Excellent for beginners and those with limited mobility.

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

Meeting ID: 8470 2159 077

No Password

FLAM HYBR FREE

Bingocize® NEW!

This fun, familiar, 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

Chair Yoga

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

Tuesdays, 12:30 to 1:30 p.m.

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

Wednesdays, Fridays, 8 to 9 a.m.

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

Thursdays, 10 to 11 a.m.

Zoom Link:

<https://zoom.us/j/643643116>

NLV HYBR 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, 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, Wednesdays, Fridays, 1:30 to 2:30 p.m.

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

WEST FREE

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

HEND FREE

Mondays, Wednesdays, Fridays, 1 to 2 p.m.

Meeting ID: 9655 6397 333

Password: N2tsW38A

FLAM HYBR FREE

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

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

NLV HYBR FREE

Call 702.620.7862 for more information.

Mondays and Wednesdays, 1:30 to 2:30 p.m.

BLUE HYBR FREE

Call 702.620.7025 for more information.

Many classes require registration.

Register online at StRoseHospitals.org/Classes or call 702.616.4900 24/7 to register.

Gentle Yoga

Gain flexibility and balance.

Mondays, Wednesdays

11 a.m. to Noon

BLUE HYBR FREE

Mondays, Wednesdays, Fridays

9 to 10 a.m.

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

Tuesdays, Thursdays,

9:30 to 10:30 a.m.

HEND FREE

Tuesdays, Thursdays, Fridays,

10 to 11 a.m.

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

Good Morning Yoga

Get your day started right with breathing, meditation, and energizing movement. All levels.

Thursdays, 8 to 9 a.m.

BLUE HYBR FREE

Lunchtime Yoga

Take a lunch break and rejuvenate with Rebe for this mixed-level yoga class. All levels welcome!

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

Zoom Link: <https://zoom.us/j/98911968>

NLV HYBR FREE

HIGH Fitness

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

Mondays, Tuesdays, 9:15 to 10:15 a.m.

Wednesdays, 7:30 to 8:30 p.m.

Zoom Link: 230-675-5005

No Password

NLV HYBR FREE

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

BLUE FREE

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

Saturdays, 9 to 10 a.m.

WEST FREE

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.

Thursdays, 3 to 4 p.m., beginning Oct. 7

GV FREE

Tai Chi

Learn graceful moves for balance and relaxation.

Beginner: Tuesdays and Thursdays, 8 to 9 a.m.

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

Mindful Movement Yoga by T.R.Y. NEW!

Learn self-regulation tools to empower your best self!

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

GV FREE

Tuesdays, 4 to 5 p.m.

FLAM HYBR FREE

Class ID: 3527 95095

No Password

Thursdays, 1 to 2 p.m.

Zoom Link:

<https://zoom.us/j/352795095>

NLV HYBR FREE

Thursdays, 6 to 7 p.m.

HEND FREE

Mixed-Level Yoga

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

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

Tuesdays, 1:30 to 2:30 p.m.

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

Tai Ji Quan: Movement for Better Balance

A balance class for adults at risk for falls. Improves muscle strength, balance, flexibility, posture, and mobility.

Mondays, Wednesdays,

9 to 10 a.m., beginning Oct. 4

Call 702.616.4922 to register.

ZOOM FREE

Take it Easy Yoga / Chair Yoga

This class is for pre-beginners looking to enhance body flexibility, mobility, and increase blood oxygen levels. Each class is customized for the participants present.

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

Meeting ID: 6436 43116

No Password

FLAM HYBR FREE

Tuesdays and Thursdays, 1 to 2 p.m.

HEND FREE



Many classes require registration.

Register online at StRoseHospitals.org/Classes or call 702.616.4900 24/7 to register.

Walking Club

All ages and fitness levels welcome.

Mondays, Wednesdays, 8:30 a.m.

Discovery Park, Henderson

(Meet near restrooms)

UpBeat Barre

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

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

BLUE HYBR FREE

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

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

FLAM 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: 931 3688 1442

Password: Wellness

ZOOM FREE

Yin Yoga

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

Mondays, 10 to 11 a.m.

Meeting ID: 964 9303 1685

Password: Wellness

ZOOM FREE

Zumba GOLD

Show aging whose boss with this low impact dance for the young at heart.

Wednesdays, 11 a.m. to noon

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

Zumbini

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

Tuesdays, 11:15 a.m. to Noon

WEST FREE

Tuesdays, Thursdays, 9:15 to 10 a.m.

GV FREE

Wednesdays, 11:15 a.m. to Noon

HEND FREE

Fridays, 9 to 10 a.m.

BLUE FREE

Heart & Stroke Programs



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 Wilma Herrera 702.620.7860 o envíe un correo electrónico a Wilma.Herrera@DignityHealth.org

NLV FREE

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.

Tuesday, Oct. 12, 1 to 2 p.m.

BLUE FREE

Thursday, Nov. 4, 11 a.m. to Noon

Meeting ID: 970 9984 6420

Password: 49HHqTPc

ZOOM FREE

Healthy Heart Program

This four-week series is designed to boost your confidence in managing heart disease. Access customized classes and consultations with a Registered Dietitian and Pharmacist. Perks include a monthly fresh fruits and vegetables box delivered to your door! For information call 702.620.7863.

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

FLAM FREE

Self-Measured Blood Pressure Program

The Self-Measured Blood Pressure Program (SMBP) is a comprehensive 30-day program designed to empower you to monitor and track your blood pressure readings. The goal of the program is to help you take steps to self-manage your blood pressure as you work with your provider for better heart health. Participants will receive a free blood pressure cuff. Call 702.620.7863 to learn more and enroll.

Mental Health



Adult Mental Health First Aid

Learn how to identify, understand, and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Wednesday, Oct. 13, 9 a.m. to 4 p.m.

Thursday, Nov. 11, 9 a.m. to 4 p.m.

Friday, Nov. 19, 9 a.m. to 4 p.m.

Friday, Dec. 10, 9 a.m. to 4 p.m.

Wednesday, Dec. 15, 9 a.m. to 4 p.m.

ZOOM

Contact Terry Maurer at terry.maurer@dignityhealth.org for additional information.

ZOOM \$23.95

Solutions of Change

In collaboration with the Wellness Center-North Las Vegas, Solutions of Change offers ongoing support designed to increase access to mental health resources. Call 702.620.7862 for information.

First Tuesday, 5 to 6 p.m.

NLV HYBR FREE

Crossroads: Mental and Physical Well-being

Mental and physical well-being coincide on all levels. The Crossroads: Mental and Physical well-being class makes connections between mental and physical well-being and the overall impact on mind and body. Realizations associated with these connections allow individuals to discover new methods of addressing overall health needs.

Tuesday, Nov. 2, 5 to 6 p.m.

NLV HYBR FREE

Managing Serious Mental Illness

Serious mental illness can be foreign and frightening. This class explores help-seeking behaviors, effective self-care routines, and collaboration with medical and mental health professionals in an effort to restore functionality. Knowing the foundational treatment approaches can assist individuals in decision-making practices that positively impact their abilities to address their serious mental health concerns.

Tuesday, Dec. 7, 5 to 6 p.m.

NLV HYBR FREE

Reducing Mental Health Stigma

Stigma associated with mental health concerns and mental illness decreases the likelihood of help-seeking behaviors and increases the negative impact on individual, family, and professional functionality. This class educates individuals on the prevalence of mental illness, impact of mental health stigma, and ways to combat it in the individual, family, and society.

Tuesday, Oct. 5, 5 to 6 p.m.

NLV HYBR FREE

Youth Mental Health First Aid

Adults who work with youth ages 12 to 25 - learn how to provide basic first aid to help someone experiencing a mental health crisis or problem until appropriate treatment and support are available.

Wednesday, Oct. 20, 9 a.m. to 4 p.m.

ZOOM \$23.95

Nutrition

Grocery Shopping Tour

Many of us are overwhelmed by choices in the grocery store. Our Registered Dietitian will be your guide on this virtual grocery store tour to help you navigate the aisles with confidence. Call 702.616.4975 for information.

Thursday, Oct. 28, 1 to 2 p.m.

Meeting ID: 962 7581 2248

Password: M5q3rZ7i

ZOOM FREE

Eating for a Healthy Holiday (Cooking Demo) Virtual

“Healthy” and “Holiday” can coexist! With a dose of planning, a dash of positive mindset, and a pinch of creativity, you CAN enjoy a healthy holiday. Join this Registered Dietitian-led virtual class, which includes proven how tos and a live cooking demo. Call 702.616.4975 for more information.

Monday, Nov. 15, 1:30 to 2:30 p.m.

Meeting ID: 985 7799 5169

Password: u1yXQ4x4

ZOOM FREE



Fruit and Vegetable Prescription Program, FVRx

Those experiencing food insecurity and needing access to fresh fruit and vegetables can enroll in this program to receive produce from a local Las Vegas farmer. Cluck it Farm will deliver organic produce boxes twice a month for up to 6 months. Call 702.620.7863 to see if you qualify.

Handling the Holidays

Join our Registered Dietitian in a discussion about how to make the most of the holidays and make choices that will keep you on track to better health.

Thursday, Dec. 16, 10 to 11 a.m.

Meeting ID: 941 2003 5125

Password: 35S4uQPU

ZOOM FREE

Hosting Vegans for Thanksgiving

With vegan diets and plant based eating trends, there may be a person or two with dietary restrictions at your dinner table. Join Wilma, our Registered Dietitian, as she discusses holiday dishes suitable for plant based diets and provides a cooking demo with ideas on what you can prepare. Call 702.620.7860 for more information.

Monday, Nov. 8, Noon to 1 p.m.

Meeting ID: 962 2683 0181

Password: qjd5NqvZ

ZOOM FREE

Tap into Mindful Eating

Mindful eating helps us gain awareness of our eating experiences by paying attention and being in the present. Presented by a Registered Dietitian, this class covers the principles of a mind-body health approach to healthier eating. Call 702.616.4975 for more information.

Thursday, Oct. 7, 9 to 10 a.m.

Meeting ID: 928 5548 1055

Password: iYg6UEuL

ZOOM FREE

Nutrition Consultations

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

Weight-Loss Surgery Program

Are you interested in weight loss surgery or want to know how to get started with the process? Watch our overview video at NVWeightLoss.org where our Registered Dietitian/Bariatric Coordinator takes you through the steps leading up to surgery. Click on “Register For A Seminar” to sign up for a live Q&A with the Coordinator. **For information, email SRDH-BariatricInfo@dignityhealth.org**

Weight-Loss Surgery Support Group

Our bariatric support groups are open to anyone affected by bariatric surgery. 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 space to share our experiences.

Every third Thursday, 5:30 to 7 p.m.

GV FREE

You Had Me at Trick or Treat

Fall is here and so is Halloween! Join our registered dietitian to learn six ways to avoid a Halloween candy binge. Sweet ways to enjoy the holiday without placing RIP on healthy eating. Call 702.620.7863 for information.

Monday, Oct. 18, 11 a.m. to Noon

Meeting ID: 918 8340 9432

Password: ioHycf35

ZOOM FREE

Many classes require registration.

Register online at StRoseHospitals.org/Classes or call 702.616.4900 24/7 to register.

Wellness

Better Breathers Club

Join our Respiratory Therapy staff to learn ways to manage COPD and get support from others who share your struggles.

Thursdays, Oct. 7, Nov. 4, Dec. 2, 1 to 2 p.m.

GV FREE

Chronic Pain Self-Management Program

Put life back into your life! This six-week, one-hour long program over the phone will teach you about the mind-body connection, dealing with difficult emotions and more! For information or to register, call 702.616.4932.

Wednesdays, Oct. 6 through Nov. 10, 10 to 11 a.m. FREE

Tuesdays, Oct. 12 through Nov. 16, 1 to 2 p.m. FREE

Tuesdays, Nov. 23 through Dec. 28, 10 to 11 a.m. FREE

Medicare 101

MAP (Medicare Assistance Program)

Decipher the Medicare maze and maximize your benefits.

Thursday, Oct. 7, 10 to 11:30 a.m.

GV FREE

**MAP Volunteers needed.
Call 702.616.4926.**

Senior Peer Counseling

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 702.616.4971.

Help Helping Hands!

Wanted: Volunteers to drive Henderson seniors to doctor's appointments, errands, and grocery shopping. Call 702.616.6554.

Communication through Sign Language

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

Thursdays, Oct. 7, 14, 21, 3:45 to 5 p.m.

WEST FREE

Thursdays, Nov. 4, 11, 18, 3:45 to 5 p.m.

GV FREE

Enough Abuse: Strategies for Your Family and Community

This research-based movement provides adults and communities the knowledge and skills needed to put an end to child sexual abuse. You will learn that child sexual abuse is a public health problem, conditions that support child sexual abuse, and strategies to prevent abuse. For information, visit www.enoughabuse.org or call 702.616.4912.

Tuesday, Oct. 12, 2:30 to 4 p.m.

WEST FREE

Healthcare Decisions - Learn more about Advance Directives

Join St. Rose Dominican's Spiritual Care team to learn about your health care options. Documents needed to complete your Nevada Advance Directive will be available at no cost. Refreshments will be served. Call 702.616.4912 to register.

Monday, Oct. 25, 10:30 a.m. to noon

WEST FREE

Parent & Grandparent Gun Safety Class

Firearm safety is everyone's responsibility. Learn about responsible firearm ownership, simple safety rules, and how to secure and store guns correctly.

Thursday, Dec. 16, 6 p.m.

GV FREE

Safesitter

Youth ages 11 to 16 learn safe, nurturing child care techniques and medical emergency management.

Friday, Oct. 29, 9 a.m. to 3:30 p.m.

GV \$20, includes lunch

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 appreciated!

First and third Mondays, Oct. 4, 18, Nov. 1, 15, Dec. 6, 20, 9 to 11 a.m.

FLAM FREE

Thursdays, Oct. 14, Nov. 14, Dec. 9 Wednesdays, Oct. 27, Nov. 24, Dec. 22, 10 a.m. to noon

GV FREE

Thursdays, Oct. 14, 28, Nov. 11, 25, Dec. 9, 23, 11:30 a.m. to 1:30 p.m.

WEST FREE

Powerful Tools for Caregivers

Caring for a loved one? This FREE, six-week workshop gives you skills to care for yourself while caring for someone else. This program helps caregivers develop the skills to overcome their burdens and stresses. For information and to register, call 702.616.4912.

Mondays, Oct. 18 through Nov. 22, 10 a.m. to 12:30 p.m.

GV **HYBR** FREE

Relax and Paint

Join us for an evening of creativity.

Wednesday, Oct. 27, 5:30 to 7:30 p.m.

GV \$5. Registration required; prepay materials fee.

Wednesday, Nov. 16, 6 to 8 p.m.

WEST \$5. Registration required; prepay materials fee.

Stepping On: Fall Prevention Program

One out of 3 people 65 and older falls each year! Learn to prevent serious injuries like hip fractures in this seven-week class. Call 702.616.4922 to register.

Thursdays, Oct. 14 through Dec 2, (no class Nov. 25) 1 to 3 p.m.

GV FREE

Stress Relievers for the Holidays and Beyond

Preparing for the Holidays? Stop stress in its tracks with healthy habits.

Thursday, Nov. 11, 2 to 3 p.m.

Meeting ID: 917 4298 0002

Password: QsiJ3oPZ

ZOOM FREE

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 skills that will improve your overall health. S.C.R.I.P.T provides individualized support to help you understand your medications, address adherence issues, and incentive programs. Additional support is available through bi-monthly group classes. Call 702.218.1456 to learn more.

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 with our H.B.T.C Coach to learn how to use your benefits, find providers, and empower yourself to take full advantage of your health benefits. Call 702.620.7025 to learn more.

Must be Ryan White Part A Eligible

Positive Lifestyle and Nutrition Program

This program offers nutrition therapy to meet your health and nutrition goals. Our individualized program helps

manage and reduce HIV-related complications and hospitalizations. Work with our Registered Dietitians and be empowered in improving your health and lifestyle! Call 702.620.7025 to learn more.
Must be Ryan White Part A Eligible

Positive Self-Management Program

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

Must be Ryan White Part A Eligible

Support Groups (FREE)

Visit StRoseHospitals.org/classes or call 702.616.4900 for information.

AA Co-Ed

SAN Sundays, 7 p.m.

AA for Women

GV Mondays, 6:30 p.m.

Alzheimer's Support

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

Bariatric Surgery Support

GV Third Thursdays, 5:30 to 7 p.m.

Bereavement Support

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

Better Breathers COPD

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

Caregiver Support

GV 2nd & 4th Tuesdays,
2:30 to 3:30 p.m.

ZOOM 3rd Tuesdays,
4:30 to 5:30 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

GV First Wednesdays, 10 to 11 a.m.

Men's Prostate Cancer Support Group

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

Narcotics Anonymous

HEND Mondays, 6 p.m.

SAN Wednesdays, 6:30 p.m.

SMART Recovery for all addictions

GV Thursdays, 6 p.m.

Suicide Prevention Lifeline

800.273.8255

Surviving Suicide: Loss Bereavement

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 StRoseHospitals.org/Classes or call 702.616.4900 24/7 to register.

Donate to the St. Rose Dominican Health Foundation

Many of our classes that typically have a small fee are currently free. Please consider donating those fees to our Health Foundation at SupportStRose.org.

LOCATION KEY



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

**BLUE Wellness Center -
Blue Diamond Campus**
4855 Blue Diamond Rd.,
Suite 220, Las Vegas
702.620.7025

**NLV Wellness Center -
North Las Vegas Campus**
1550 W. Craig Rd.,
Suite 250, North Las Vegas
702.620.7862

**FLAM Wellness Center -
West Flamingo Campus**
9880 W. Flamingo Rd.,
Suite 220, Las Vegas
702.620.7800

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.