

Reach

Together in health and happiness

Fall 2025



HOW TO REGISTER

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

A Legacy of Healing A Future of Innovation.

In 1947, the Adrian Dominican Sisters transformed healthcare in southern Nevada. Now, it's our turn. As we approach 80 years of service, we've set our most ambitious goal yet: raise **\$80 million by our 80th anniversary** in 2027.

Our goal is to not only keep pace with our growing community's healthcare needs, but lead us into a healthier future, fulfilling the promise to honor our founders' vision to deliver lifesaving, innovative care that will impact lives for generations.

We all hold the power to heal. Join us. Leave your legacy and advance the future of healthcare. To make a donation, go to SupportStRose.org



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.

- GV** Monday, November 17, 1:30 p.m.
Call 702.616.4902 for more information or register.
FREE
- FLAM** Monday, October 6, 11:00 a.m. to 12:30 p.m.
Call 702.620.7800 for more information or register.

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, October 27 & November 3 at 12:30 p.m.
Free
- SAHA** Tuesday, Oct. 7, November 4 & December 2 at 1:00 p.m.
Spanish
Free
- NLV** Tuesday, October 21 & November 18 at 2:00 p.m.
Free
- GV** Wednesday, October 15 at 10:00 a.m.
Free
- FLAM** Friday, October 22, November 12 & December 3 at 10 a.m.
Free

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.

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.



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.

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**
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, 2nd Friday, Monthly 10 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.
SAHA Every 3rd Tues at 5:30 p.m. and 3rd Saturday at 8:30 a.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.
- Prostate Cancer Support Group**
SAN 1st Wednesdays, Monthly, 7 to 9 p.m.



- Chronic Pain support group**
SAHA Wednesday 3-4 p.m. September 24, October 15, November 12, December 10
- Cultural Support Group**
SAHA Every other Friday at 5:30 p.m. Spanish
- 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
- SMART Recovery for all Addictions**
GV Thursdays, 6 p.m.
- 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.
- 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.

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

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.

GV **Fridays, starting November 7 to December 12 from 10 a.m. to 12:30 p.m.**

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, October 9, 16, 23, 3:45 to 5 p.m.**

FREE

GV **Fridays, November 7, 14, 21, 3:45 to 5 p.m.**

FREE

FLAM **Mondays, November 3, 10, and 17 3:45 to 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 **Thursday December 4, 6 to 8 p.m.**
Call 702.620.7858

GV **Wednesday, December 10, 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, October 9 & 23, November 13, and December 11, 12 p.m. to 2 p.m.**
FREE

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

Safe Sitter

Saturday, November 15, 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.

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, October 1, November 5, and December 3 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 **Thursdays, October 16 & 30, November 6 & 20, December 4 & 18 from 1 to 3 p.m.**

To register, please email jemaima.tagayuna@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.

FLAM **Wednesday, November 5, 11 a.m. to Noon**
Registration is required. Call 702.616.4975 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.

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.

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.

ZOOM **Tuesdays, November 4-December 16 from 2:30-5 p.m.**
No class November 25.
Email jemaima.tagayuna@commonspirit.org to register.

Nutrition

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.



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@dignityhealth.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.
November 14, 10 - 11am
December 10, 10 - 11am
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 **October 16, November 20, December 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 **Tuesdays, October 21, November 18, December 16, 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 October 11, and December 13**
9 a.m. 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 **October 14 & 21, November 4 & 11, December 2 & 9, 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 **October 11, November 8, December 6, 9 a.m. to 3 p.m.**
\$35 per couple

Infant CPR

Learn the basics of Infant CPR and choking. No exam and no card issued.
October 8, November 19, December 3, 6 p.m. 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 11:30 a.m. - 12:30 p.m.**
Octubre 17, Noviembre 21, Diciembre 19, y Enero 16
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, October 2 & 16, November 6 & 20, December 4 & 18, 1 to 1:30 p.m.**

WEST **Saturdays, October 11, November 8, & December 13, 12:30 - 1 p.m.**

GV **Tuesdays, October 7 & 21, November 4 & 18, December 2 & 16, 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.

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 **October 9, November 13, December 11; 2:15 - 3:00 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

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 at 8:30 - 9:30 a.m.**

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

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

Zumbini

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

GV **Monday 10 a.m., Tuesday and Thursdays, 9:15 a.m., 1st and 3rd Saturday of the month 10:30 a.m.**
FREE

WEST **Tues 10:15 a.m to 11:15 a.m. and Thursdays 10:30 - 11:15 a.m**

HEND **Saturdays, 11:15 a.m. Tuesdays & Thursdays, 10:30 a.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 from 11 a.m. to 12 p.m. and 12p.m. to 1 p.m.**
FREE

SAHA **Fridays 10 a.m.**

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



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.



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, and transportation. Call 702.616.4481 for eligibility.



U=U Game Night
U=U means undetectable equals untransmittable. With undetectable viral loads, HIV can't be transmitted. Join our game night to learn more, strengthen your support system, and empower yourself. Call 725.307.8901. *Must be Ryan White Part A Eligible.*

NLV Last Wednesday of the month, 6 p.m. to 8 p.m.

Medical Case Management
Medical Case Management offers eligible clients access to Health Care services, Medical Nutrition Therapy, and more. Services focus on treatment adherence, options, and support. Call 725.307.8901 to schedule an assessment.

Fresh to U Food Bank
Need food assistance? Our food bank provides nutritious, ready-to-eat food bags selected by a dietitian. Pick up at 3 locations or get delivery. Personal care products are also available. Call 725.307.8901. *Must be Ryan White Part A Eligible.*

Ryan White Support Groups
Our Ryan White Program Support Groups are dedicated to enhancing your emotional and social well-being. Within these confidential, professionally facilitated or peer-led sessions, you'll find a welcoming space to openly share life's challenges, celebrate personal triumphs, and build genuine connections with peers who truly get it. Combat isolation, gain fresh perspectives, and discover renewed strength in a supportive community committed to your holistic health. For more information please call 725.307.8901. *Must be Ryan White Part A Eligible.*

Positive Lifestyle and Nutrition Program
Our personalized nutrition program supports your health and weight goals. Team up with your own Registered Dietitian to craft a plan and get the support you need to boost your health and lifestyle. Call for eligibility 725.307.8901

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, October 6, 1 to 2:15 p.m.
Registration is required.
Call 702.616.4975 to register.
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

GV Monday, October 13 to November 3, 1:30 to 2:30 p.m.
Free

Buena Salud Para un Corazón Sano
Este curso es una guía que da consejos prácticos para mantener un corazón sano, disminuir el riesgo de enfermedades cardiovasculares y cómo controlar el colesterol y la presión elevada. Esta clase 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



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.

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.

ZOOM November 13, 9 a.m. to 4 p.m.
\$24.95

NEW offering: Are you interested in our Memory Cafe? Starting January 2026
Monthly, 1 hour "Coffee/Donuts" socialization for Dementia patients and caregivers, with fun cognitvity activities, offered at various locations through out the valley. Interested? Call 702-616-4919

Become 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

9 week training. Application required.
Early 2026
To participate call 725.307.8913.

Let's Slow Down Dementia with Cognitive Stimulation Therapy

NLV Tuesday/Thursday, 11:15 am
GV October 7- November 20 (call to assess/register)

Weekly maintenance (prerequisite/register)

GV Monday at 11 a.m., Thursday at 1 p.m.
HEND Monday at 1:30 p.m.
NLV Tuesday at 11:00 a.m.
Call for NLV and Sahara schedule.
Register/access call 702.616.4919.

Youth Mental Health First Aid
ZOOM \$24.95

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, October 7 - November 20, 11:15 a.m. - 12:15 p.m.
NLV Tuesday & Thursday, October 7 - November 20, 11 a.m. - Noon
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. Permítanos enseñarle cómo llenar de vida su vida. Por favor llama 702.592.6719 para obtener más información.

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



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

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 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: 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 & Wednesdays,
2:30 to 3:30 p.m.
FREE

BLUE 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

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

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.

FLAM Tuesdays and Thursdays,
3 p.m. to 4 p.m.
To register call 702.620.7800
12 p.m. to 1 p.m.

ZOOM Mondays and Wednesdays,
starting October 20,
from 9 to 10 a.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.

GV HYBR Mondays and Wednesdays,
12 to 1 p.m.
ID: 99105069117
Passcode: 172186

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

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

GV 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 & Wednesdays,
3:30 p.m. - 4:30 p.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

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 November 11, 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!

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.



Dignity Health®
St. Rose Dominican

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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