

## 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 e-newsletter, delivered the first Friday of every month for the month's class listings. Send your email address to [Jemaima.Tagayuna@commonspirit.org](mailto:Jemaima.Tagayuna@commonspirit.org).

### 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](http://dignityhealth.org/las-vegas/classes-and-events).



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

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

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



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



A member of CommonSpirit

# Reach

Together in health and happiness

Spring 2026



## HOW TO REGISTER

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



## May is Maternal Mental Health Awareness Month

We invite you to join NVMCH's Fall Symposium as we discuss important topics, including mental health, wellness, support services and more. To learn more, please visit [nvmch.org](http://nvmch.org).  
September 9 - 10  
from 8:30 a.m. - 4 p.m.

## 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.

## May is Stroke Awareness Month. Don't wait, recognize a stroke. BE FAST.

Join the stroke support group at Dignity Health Rehabilitation Hospital 2nd Thursday, 11 a.m. to 12 p.m.

## 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, May 11 at 2 p.m.  
Free
- SAHA** Tuesday, April 7, May 5, & June 2 at 1 p.m.  
Spanish
- NLV** Free  
Tuesday, April 14 & June 16 at 2 p.m.  
Free

- FLAM** Monday, April 13, May 11 & June 22 at 11:30 a.m.  
Free
- BLUE** Tuesday, April 21 at 10:30 a.m.  
Free
- HEND** Friday, April 17 & June 19 at 11:00 a.m. St. Rose De Lima  
Free



### Medicare Assistance Program (MAP)

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

This 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.

### 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 p.m.  
Free
- BLUE** Wednesdays, 2 p.m. 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.

- ZOOM** Mondays and Wednesdays, Starting January 26 from 9 to 10 a.m.  
To register call 702.616.4922
- NLV** Tuesdays from 1:30 - 2:30 p.m.

### Tai Ji Quan: Moving for Better Balance - Level 1

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, starting January 26, from 12 to 1 p.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.

### Block Therapy and Fascia Decompression

Learn what your fascia is and understand its importance for daily movement. This class uses blocking techniques and diaphragmatic breathing to reduce stress and pain, improve posture, stimulate the lymphatics, and create a healthier you.

- FLAM** Thursdays weekly, 11 am to Noon



### 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](mailto:nevadahealthlink@commonspirit.org).

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

# 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.  
Meeting ID: 2662794587

**WEST** Mondays and Wednesdays,  
1:30 to 2:30 p.m. (In person only)  
Tuesdays and Thursdays,  
8:15 to 9:15 a.m.  
Meeting ID: 96702209528  
Password: 289067  
FREE

**HEND** Mondays, Wednesdays, and  
Fridays, 9 to 10 a.m. and 1  
0:15 to 11:15 a.m.  
FREE

**FLAM** Tuesdays, 12 to 1 pm and Fridays,  
11:30 am-12:30 pm  
FREE

**SAHA** Thursdays from 9 to 9:45 a.m.  
**NLV** Mondays, 3:30 - 4:30 p.m.  
Wednesdays, 2:30 - 3:30 p.m.  
Saturday, 9 - 10 a.m.  
FREE

**BLUE** Mondays, 2 -3 p.m. &  
Wednesdays, 1 - 2 p.m.  
FREE

**BLUE** Mondays, 2 -3 p.m. &  
Wednesdays, 1 - 2 p.m.  
FREE

## Beginner Yoga

Join our instructors in learning gentle poses, slow stretching, focused breath work, and guided meditation.

**BLUE** Mondays, 12 to 1 p.m.

## Mixed-Level Yoga

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

**WEST** Mondays & Wednesdays,  
8:30 to 9:30 a.m.  
ID: 967 0220 9528  
Passcode: 289067

## 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,  
10:15 to 11 a.m.  
in person only \$5 per session  
or five sessions for \$20

**HEND** Tuesdays, Thursdays, 10 to 11 a.m.  
FREE

## 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.

**FLAM** Tuesdays and Thursdays starting  
April 28, 4 to 5 pm

**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

# 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.

## Cultural Crochet Classes

Celebrate the artistry, heritage, and global traditions of crochet through this curated series of Cultural Crochet Masterclasses. Materials are provided for each session and explores advanced techniques rooted in diverse cultures. Attendees must know how to single crochet to join these complimentary sessions. Call 702-620-7800 to register. This project is supported in part by the Nevada Arts Council and the National Endowment for the Arts.

**FLAM** Fridays, April 3, April 17, May 8,  
May 22, June 12, June 26 from  
2 - 5:30 p.m.  
FREE

## Senior Nutrition Program

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

## Safe Sitter

Saturday, April 25, 9 a.m. to 3:30 p.m.  
\$25 - Lunch included, please call  
702.616.4902 to register.

## Communication through Sign Language

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

**WEST** Thursdays, April 9, 16 and 23  
3:45 to 5 p.m.  
FREE

**GV** Tuesdays May 12, 19 and 26  
3:45 to 5 p.m.  
FREE

**FLAM** Mondays, June 1, 8, 15  
3:45-5 p.m.  
FREE

## Relax and Paint

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

**SAHA** Wednesday, April 16,  
6 to 8 p.m.  
Register: 725-307-8901

**GV** Wednesday, May 27, 6 to 8 p.m.

## 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** April 9 & 23, May 14 & 28,  
June 11 & 25 from 12 to 2 p.m.  
FREE

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

## 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.

## 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, June 19 - July 31 (skip 7/3)  
from 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, April 1, May 6,  
and June 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** 2nd & 4th Thursdays monthly,  
1 to 3 p.m.

# 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](mailto:terry.maurer@commonspirit.org) for additional information and registration.

**GV** May 20, 9 a.m. to 4 p.m.

**ZOOM** Youth Mental Health First Aid FREE

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

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

**GV NLV** Tuesday/Thursday, 11:15 am April 7-May 21 and June 16 - July 30 (call to assess/register)

**Weekly maintenance** (prerequisite/register) please call for schedule and locations. Contact: 702.616.4919.

**Spanish**, Please call 702 616 4919

## 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. Call 702-616-4919

## 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** April 7 - May 21, and June 16 - July 30, 11:15 a.m. - 12:15 p.m.

**NLV** Tuesday & Thursday, April 7 - May 21, and June 16 - July 30, 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.

**ZOOM** Viernes, Mayo 15 - Junio 12 Por favor llama 702.592.6719 para obtener más información.

## 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](http://clarkcountythrive.crediblemind.com) to sign up.



# 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.

**FLAM** Wednesday, June 10 from 11 a.m. to Noon

## St. Rose Dominican Surgical Weight Loss Program

Interested in weight loss surgery or how to get started? Watch our overview video here: [NVWeightloss.org](http://NVWeightloss.org) where our Registered Dietitian Bariatric Coordinator takes you through the steps to surgery. Email [SRDH-BariatricInfo@commonspirit.org](mailto: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](http://NVWeightLoss.org) and register to join any of our upcoming sessions.

## The Role of Fiber in a Healthy Diet

This class explores the essential functions of dietary fiber, from promoting digestive health and regularity to supporting heart health, blood sugar control, and weight management. We'll uncover fiber-rich foods, practical tips for increasing your intake, and how this vital nutrient contributes to overall well-being.

**GV** Monday, May 11 from 2 to 3 p.m. Free

## Nutrition Consultations

Meet with a registered dietitian. Most insurances welcome and cash discounts are available. Call or text 702.616.4975.

# 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** 3rd Tuesday of each month at 5:30 p.m.

3rd Friday of each month from 5 p.m.

Spanish

Por favor llame al 702.592.6719 para registrarse.

## Chronic Pain support group

**SAHA** 3rd Thursday, Monthly Español de 4 p.m. a 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](mailto:stevenpastrone@gmail.com) for more information

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

## Narcotics Anonymous

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

**HEND** Fridays, 6 p.m.

## Prostate Cancer Support Group

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

## SMART Recovery for all Addictions

**GV** Thursdays, 6 p.m.

## Surviving Suicide Loss Support Group

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

## 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 or 988

## Widows Support

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



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



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

## 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 725.307.8901 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** Monthly on the last Wednesday of the month, 6 to 8 p.m.

### 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 725.307.8927

### 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.*

### Spanish Support Group: Latinos Con Fuerza

Únete a nuestro grupo de apoyo: un espacio seguro para crecer, entender y conectar emocionalmente. *Elegible para Ryan White Parte A.* Llama al 725.307.8901 para más info.

**NLV** El tercer jueves de cada mes, de 5:30 a 7:30 p.m.

**SAHA** Primer miércoles del mes 5:30 a 7:30 p.m.



### Women's Support Group: Shining Stars

Our Women's HIV Support Group is a gathering and safe space for women identifying people living with HIV to share their experiences, challenges, and triumphs. Join us to create a positive, nurturing community. Contact 725.307.8901 for more information.

**SAHA** Every 3rd Tuesday of the month 10 a.m. to 12 p.m.

**NLV** Every 4th Friday of the month 10 a.m. to 12 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 702.616.4347 to schedule an assessment.

## 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.

### Prioritizing Plants for Better Wellness: Cooking Demo

Get ready to elevate your kitchen repertoire with information from the new 2026 dietary guidelines! This exciting cooking demo, led by our Registered Dietitians, will dazzle you with simple yet sensational recipes and smart dietitian-approved tips to add variety to your diet.

Please call 702.616.4975 to register

**GV** April 22, 2 - 3 p.m.

### 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.

**GV** Program will start in April 16, 3 to 4 p.m.

To learn more, call or text 702.616.4975.

### Diabetes Self-Management Program

Be empowered to better manage your diabetes while learning dieter 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.

### Diabetes Express

Join us for an accessible and empowering 1.5-hour workshop designed for anyone looking to understand the basics of diabetes, whether or not you are newly diagnosed, this session will provide you with fundamental knowledge.

**GV** May 18, 5:30 to 7 p.m.

### Pros and Cons of Protein: How much is right for me?

Protein is your body's essential builder. Learn its vital roles in muscle, bone, and overall health. We'll explore the benefits of adequate intake and discuss potential downsides of too much, empowering you to make informed dietary choices for your well-being. Look forward to trying some tasty samples!

**FLAM** Wednesday, May 13, 10:30 - 11:30 a.m.

### 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.

### The In's and Out's of Fiber

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

**GV** Monday, May 11, 2 - 3p.m.

### Fueling Your Body: A Protein Power-Up Cooking Demo!

Join us to discover delicious, easy ways to incorporate beneficial protein into your meals. We'll show you practical recipes, discuss portion sizes, and address common protein myths, helping you confidently cook your way to better health.

**GV** Wednesday, June 17, 2 - 3 .p.m.

## 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.

### 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 April 6, 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 Angel Garcia al 702.616.4932 o envíe un correo electrónico a angel.garciasaavedra@commonspirit.org

## 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



## 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** May 12, 8 to 10 a.m.

Call or text 702.616.4922 to schedule an appointment.

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

# Pregnancy & Childbirth

**Car Seat Safety Checks**  
Call 702.616.4902 for an appointment.

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

## Support for Moms-to-Be and New Moms

Did you know that 1 in 5 pregnant women and new moms experience some form of anxiety or mood disorder? Anxiety and mood disorders are treatable. To find helpful family resources, visit [nvmch.org](http://nvmch.org).

## 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](http://nvmch.org) to learn more and to register.

**April 8, 10 - 11 a.m.**

**May 8, 10 - 11 a.m.**

**June 10, 10 - 11 a.m.**

FREE

## Safe Sleep Training for Parents and Caregivers

Learn the ABCs of safe sleep to ensure the well-being of your infant. Please call 775.553.8024 or visit [nvmch.org](http://nvmch.org) to learn more.

**2nd and 4th Wednesdays of each month from 12 - 1:30 p.m.**

## FREE Birth Center Tours

Siena Campus:  
Thursday evenings



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

# Breastfeeding/Prenatal Classes



## Baby Basics

Learn the basics of caring for your newborn.

**GV** **April 16, May 21, June 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 April 21, May 19, June 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 April 11, June 13 9 a.m. to 11 a.m.**  
\$20

## Infant CPR

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

**April 22, May 27, June 17, 6 p.m. 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** **April 1 & 8, May 6 & 13, 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** **April 4, May 2, June 27, 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 a.m. - 12:30 p.m. Marzo 21, Abril 17, Mayo 22, Junio 19**  
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, April 2 & 16, May 7 & 21, June 4 & 18, 12 p.m.**

**WEST** **Saturdays, April 11, May 9, & June 13 12:30 p.m.**

**GV** **April 7 & 21, May 5 & 19, June 2 & 16, 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** **April 9, May 14, June 11, 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 p.m. - 1p.m.**  
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 develop mental milestones.

**GV** **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](http://dignityhealth.org/las-vegas/classes-and-events)