

Reach

Together in health and happiness

Fall 2022



HOW TO REGISTER

To register for classes, visit StRoseHospitals.org/Classes or call 702.616.4900.



The Engelstad Foundation R.E.D. Rose Program

The Engelstad Foundation R.E.D. Rose Program believes everyone should have access to breast health services regardless of barriers like income, insurance, or legal status. Early identification and treatment is the most effective defense against breast cancer.

The R.E.D. (Responsible Early Detection) Rose Program provides uninsured and underinsured women and men with access to breast health screenings, resource referrals, and treatment services. Financial assistance is available to individuals diagnosed with breast cancer and undergoing treatment.

What does the Engelstad Foundation R.E.D. Rose program offer?

The program offers no cost:

- Clinical breast exams
- Mammograms
- Ultrasounds
- Follow-up consultations
- Biopsies
- Bilingual patient navigators available to assist with Coordination of Care in-person or over the phone

Ways to qualify:

- No insurance
- Underinsured
- Low income

Other services offered:

- Financial Assistance: living expenses such as rent or mortgage, utilities are paid directly to the providers. Food and gas card gift cards may also be provided.
- Community Support Group
- Wellness Classes
- Additional Resources

Early detection is the best protection. For more information on the Engelstad Foundation R.E.D. Rose program, please call (702) 620-7858 or email RedRose@DignityHealth.org. Bilingual services are available.



Breast Cancer Awareness Lunch and Learn

The Engelstad Foundation R.E.D. Rose program is observing Breast Cancer Awareness Month by hosting a Breast Cancer Awareness Panel Discussion.

Our panelists will discuss the latest breast cancer preventive strategies, including, but not limited to dietary recommendations, lifestyle, mammogram screenings, and risk factors.

Hear from our panelists, followed by a question and answer panel discussion. If you have questions about breast health and want to learn more about the services offered by our R.E.D. Rose program, please mark your calendars and plan to attend this free seminar. For more information, call 702.620.7858.

**Thursday,
October 13,
12:30 to 2:30 p.m.**

NLV

Please scan the QR code to register.



Visit StRoseHospitals.org/RedRose or HazloPorti.org

Diabetes Management

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.

Thursday, October 13, 11 a.m. to Noon

Thursday, December 8, 11 a.m. to Noon

Call 702.620.7025 to register.

BLUE FREE

Monday, October 17, 1 to 2 p.m.

Monday, December 5, 10 to 11 a.m.

Call 702.616.4975 to register.

GV \$10

Wednesday, November 9, 11 a.m. to Noon

Call 702.620.7800 to register.

FLAM FREE

Friday, November 11, 11 a.m. to Noon

Call 702.620.7862 to register.

NLV FREE

Thursday, October 20, 1 to 2 p.m.

Meeting ID: 95036425595

Password: 027279

ZOOM FREE

Medication Therapy Management

Spend quality time with community pharmacist Dr. Kaylynn Bowman to answer questions about your medications and how they impact your health. Call 702.616.4932 to schedule your appointment.

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 about this program and to register, please call 702.616.4975.

Diabetes Lifestyle Training and Education

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

On the Road to Better Managing Your Diabetes Conversation Map

Featuring a game-like map, this interactive class led by a diabetes care and education specialist can help you learn the skills needed to manage your diabetes. Registration is required.

Thursday, October 27, 1 to 3 p.m.

Call 702.620.7025 to register.

BLUE FREE

Wednesday, November 2,

10 a.m. to Noon

Call 702.620.7800 to register.

FLAM FREE

Friday, December 9, 10 a.m. to Noon

Call 702.620.7862 to register.

NLV FREE

Join us for the Walk from Obesity

Millions of people are affected by the disease of obesity and related health conditions. It's a complex, multi-faceted, and often life-long struggle that is frequently misunderstood.

That is why we 'Walk from Obesity' – to fund research, education, and access to care so that we may better combat the disease.

Diabetes Self-Management Program

Be empowered to better management 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!

Wednesdays starting November 9 through December 14, 10 to 11 a.m.

FLAM

Wednesdays starting November 9 through December 14, 10 to 11:30 a.m.

BLUE HYBR

*Register for a self-taught version to receive a participant handbook and scheduled weekly 30 minute check-in calls with a trained leader.

Tuesdays starting October 18 through November 22, 11 a.m. to Noon

Available in Spanish



ASABIS FOUNDATION'S
Walk
from OBESITY™
LAS VEGAS, NV

Saturday, October 22, 2022

Dignity Health - St. Rose Dominican, San Martin Campus



Register at:
WalkfromObesity.com

Many classes require registration. Register online at StRoseHospitals.org/Classes.



Breastfeeding/Prenatal Classes

Baby Basics

Learn the basics of caring for your newborn.
**October 6, 20, November 3, 17,
December 1, 15, 6 to 9 p.m.**
GV \$30

Breastfeeding

Our lactation staff provides information and support to begin a successful nursing experience to prepare you for any challenges.
**October 14, Noon to 1:30 p.m.
November 11, Noon to 1:30 p.m.
December 9, Noon to 1:30 p.m.**
GV \$30

Daddy Boot Camp

This father-to-father workshop inspires and helps dads become confidently engaged with their infants.
October 8, December 10, 9 a.m. to 11 p.m.
GV \$20

Baby Weigh Stations

Baby weight checks. No appointment necessary.
GV WEST HEND FREE

New Mommy Mixer

Mix and mingle with other new moms and their babies in this fun atmosphere.
Tuesdays, 11 a.m. to Noon
HEND FREE
Wednesdays, 11 a.m. to Noon
WEST FREE
Fridays, 11 a.m. to Noon
GV FREE

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.
**October 8, 29, 9 a.m. to 3 p.m.
November 5, 19, 9 a.m. to 3 p.m.
December 3, 10, 9 a.m. to 3 p.m.**
GV \$35

Breastfeeding Helpline and Consultations

Call 702.616.4908 for help or a private appointment with a certified lactation counselor.
GV WEST \$50

Breast Pump Rentals

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

Prepared Childbirth

This three-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.
**October 4, 11, 18, 6 to 9 p.m.
November 1, 8, 15, 6 to 9 p.m.**
GV \$35



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.

Infants, Children & Parenting

Parenting the Love and Logic® Way

Would you like to put the fun back in parenting? Learn helpful and easy tips so you can parent without breaking a sweat. Parents and caregivers of children ages 6 mo-18. Email tawanda.mcintosh@dignityhealth.org to register and receive a link.
**Mondays, November 7, 14, 21, 28,
December 5, 9 to 11 a.m.**
ZOOM \$50 includes workbook

Sing and Sign: Food Time

For parents with children ages newborn to 2 years.
**Thursdays, October 6, 20,
November 3, 17, December 1, 15,
1 to 1:30 p.m.**
WEST FREE
**Tuesdays, October 4, 18,
November 1, 15, December 6, 20,
1 to 1:30 p.m.**
GV 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.
HEND WEST

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 or call 775.553.8024.

Perinatal Mood and Anxiety Disorders (PMAD) Training

In this 60-minute virtual training, you will gain a better understanding of what PMADs are, who is impacted, learn the risk factors associated with PMADs, stigmas and their effects, and how to identify local resources and referral systems. Please call 775.553.8024 or visit nvmch.org to learn more and to register.

Text4Baby

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

FREE Birth Center Tours

San Martín Campus:

Tuesday
evenings

Siena Campus:

Every other
Thursday



Register at StRoseHospitals.org/classes.

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.

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

GV FREE

HIGH Fitness

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

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

Meeting ID: 2306755005

No password

NLV **HYBR** FREE

Saturdays, 9 to 10 a.m.

WEST FREE

Thursdays, 9 to 10:30 a.m.

BLUE FREE

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

Zumbini

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

**Tuesday and Thursdays,
9:15 to 10 a.m.**

GV FREE

Wednesdays, 11:30 a.m. to 12:15 p.m.

HEND FREE

Thursdays, 10:15 to 11 a.m.

WEST FREE

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

BLUE FREE

Tuesdays, 10 to 10:45 a.m.

FLAM FREE

Tuesdays, 4:30 to 5:30 p.m.

Wednesdays, 11 a.m. to Noon

NLV 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, and 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, and Fridays,
1:30 to 2:30 p.m.**

Tuesdays and Thursdays, 9 to 10 a.m.

WEST FREE

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

HEND FREE

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

Thursdays, 2 to 3 p.m.

NLV Free

Call 702.620.7862 for more information.

Mondays, 1 to 2 p.m.

FLAM **HYBR** FREE

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

BLUE **HYBR**

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.

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

BLUE FREE

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

Tuesdays, 6 to 7 a.m.

GV FREE

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

FLAM FREE

Many classes require registration. Register online at StRoseHospitals.org/Classes.



Fitness



nevada
health link

Dignity Health Connecting You to Health Insurance Options

Are you uninsured? Enrollment Counselors are available for enrollment assistance. You may qualify for a Special Enrollment Period and incentives to help pay monthly premiums.

Call today at 702.616.4904 to speak with one of our Certified Enrollment Counselors or email Adela.Victorio@DignityHealth.org for assistance.

Open Enrollment is from November 1, 2022 through January 15, 2023

High Low Fitness

Much like High Fitness, focusing on less impact and steady cardio to music you know and love, led by Kristi.

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

Meeting ID: 2306755005

No password

NLV HYBR FREE

Surge Strength

Targeted, high-rep weight training class led by Kristi, set to music you know and love!

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

Meeting ID: 2306755005

No password

NLV HYBR FREE

Surge Fit

High cardio and weight training, led by Kristi, set to music you know and love!

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

Meeting ID: 2306755005

No password

NLV HYBR FREE

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.

Thursdays, 3 to 4 p.m.

You may also join us via zoom.

Meeting ID: 643643116

No password

FREE

Tuesdays, 3 to 4 p.m.

Meeting ID: 643643116

No Password

FREE

Tuesdays and Thursdays, 1 to 2 p.m.

FREE

Wednesdays, Fridays, 8 to 9 a.m.

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

Mondays, 10 to 11 a.m.

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

Yin Yoga

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

Mondays, 10 to 11 a.m.

Thursdays, 10 to 11 a.m.

Meeting ID: 96493031685

Password: Wellness

ZOOM FREE

Gentle Yoga

Gain flexibility and balance.

Mondays, Wednesdays, and Fridays, 9 to 10 a.m.

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

Mondays (Hybrid) 10:45 to 11:45 a.m.

Tuesdays (Zoom) 9 to 10 a.m.

BLUE HYBR ZOOM FREE

Tuesdays, Thursdays, 10 to 11 a.m.

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

Tuesdays, Thursdays, 10 to 11 a.m.

HEND FREE

Many classes require registration. Register online at StRoseHospitals.org/Classes.

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.

Mondays, 4 to 5 p.m.

Meeting ID 602980876

Mixed-Level Yoga

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

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

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

Mommy & Baby Yoga

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

Mondays, 11:45 a.m. to 12:45 p.m.

BLUE FREE

Wednesdays, 10 to 11 a.m.

WEST FREE

Solid Gold Fitness

Show aging who's boss with this low impact dance for the young at heart.

Wednesdays, 11 a.m. to Noon

GV FREE

Tai Ji Quan: Movement for Better Balance - Level 1

A balance class for adults at risk for falls. Improves muscle strength, balance, flexibility, posture, and mobility. Best results are achieved by completing level 1 and level 2 twice weekly for three months. To Register Call 702.616.4922.

Mondays and Wednesdays, 9 to 10 a.m.

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

**Thursdays starting November 1,
1 to 2 p.m.**

NLV

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.

Wednesdays and Fridays, 2 to 3 p.m.

Meeting ID: 4848520995

Tai Ji Quan: Moving for Better Balance - Parkinson's

Adults with Parkinson's can achieve a 67% fall reduction. For upcoming workshops for Parkinson's patients and their caregivers, please call 702.616.4922. This program is supported by a community grant from the Parkinson's Foundation.

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: 93136881442

Password: Wellness

ZOOM FREE

Zumba

Led by Saira, this fusion of Latin and International music creates a dynamic, exciting, and effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Fridays, 4 to 5 p.m.

NLV FREE

Mindful Movement Yoga By T.R.Y.

Learn Self-Regulation Tools to Empower your best self! This program is supported by a community grant from the Parkinson's Foundation.

Tuesdays and Thursdays, 6 to 7 p.m.

HEND FREE

Tuesdays, 4 to 5 p.m.

Class ID: 352795095

No Password

Tai Chi

Learn graceful moves for balance and relaxation.

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

WEST \$3 per session

**At Home with Gwen: Mondays,
2 to 3 p.m.**

Meeting ID: 4848520995

ZOOM FREE

Beginning Tai Chi

Wednesdays, 1 p.m.

Meeting ID: 94167589496

Password: 509717

GV **HYBR**

Intermediate Tai Chi

Wednesdays, 2 p.m.

Meeting ID: 94167589496

Password: 509717

GV **HYBR**

Advanced Tai Chi

Mondays, 2 p.m.

Meeting ID: 99105069117

Password: 172186

GV **HYBR**



Mental Health

Volunteer Opportunities

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 702.616.4922.

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Dial 988 – 24/7 Crisis & Support

If you or someone you know is struggling or needs support now, call or text 988 or chat at 988lifeline.org.

Medicare Assistance Program (MAP) Training

We need enthusiastic volunteers to make a difference in the community with our free MAP training. Learn at your own pace, attend monthly meetings to stay informed and help spread the word to protect, detect and report Medicare fraud, errors and abuse. Help yourself and others get the most out of Medicare. Call 702.616.4926 to register.

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!



Heart & Stroke Programs

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, October 11, 10 to 11 a.m.

Call 702.620.7025 to register.

BLUE FREE

Tuesday, October 18, 10 to 11 a.m.

Tuesday, November 8, 10 to 11 a.m.

Tuesday, December 6, 10 to 11 a.m.

Call 702.616.4975 to register.

SAN FREE Aljian Rooms A and B

Monday, October 24, 10 to 11 a.m.

Call 702.616.4975 to register.

GV FREE

Thursday, November 10, 11 a.m. to Noon

Meeting ID: 93920218321

Password: 348721

ZOOM FREE

Thursday, December 8, 1 to 2 p.m.

Meeting ID: 97726341539

Password: 022671

ZOOM FREE

Healthy Heart Program

This 4-week series is designed to boost your confidence in managing heart disease. Get access to customized classes and consultations with a

Registered Dietitian and Pharmacist.

Perks include a monthly fresh fruits and vegetables box delivered to your door! For more information or to register, please call or email Olesya Hunter at 702.620.7863 or Olesya.Hunter@DignityHealth.org.

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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.

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Self-Measured Blood Pressure Program, SMBP

The Self-Measured Blood Pressure Program (SMBP) is a comprehensive 30 day program that's 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 monitor. Call 702.620.7863 to learn more about the program and to enroll.

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Healthy Hearts Club

Enroll in the Healthy Heart Club led by community pharmacist, Dr. Kaylynn Bowman, to get the most from your medications, lifestyle coaching, goal setting, and improved healthy lifestyle choices. Call 702.616.4932 to schedule an appointment.

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¡Viva saludable!

Vengan a nuestra reunión con la Nutrióloga Wilma Herrera para platicar sobre temas de la salud, nutrición, y manejo de enfermedades como la diabetes, hipertensión, colesterol alto, tiroides, y más. Acompáñanos a este grupo de apoyo para motivarse a hacer cambios en el estilo de vida y mejorar su salud. El grupo se reúne una vez al mes en persona y por zoom. Para obtener más información o para registrarse, llame a Wilma Herrera al 702.620.7860.

Nutrition

Air Fry Like a Pro

Learn the secrets to making delicious, crispy, healthy nutritious foods using an Air fryer. Call 702.616.4975 to register.

Wednesday, October 19, 10 to 11 a.m.

Meeting ID: 94160266757

Password: 948526

GV HYBR FREE

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 each other a comfortable space to share our experiences. Register at NVWeightLoss.org

Every 3rd Thursday of the month, 5:30 to 7 p.m.

GV FREE

Every 2nd Monday of the month, 5 to 6:30 p.m.

SAN 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

Interested in weight loss surgery or how to get started? Watch our overview video here: NVWeightloss.org where our Registered Dietitian Bariatric Coordinator take you through the steps to surgery. Email SRDH-BariatricInfo@DignityHealth.org for questions or to schedule an appointment.

Weight Management: Basics of Weight Control

Lost your way through the weight loss world? Join the discussion with a Registered Dietitian to learn the principles of healthy eating. For more information or to register please call 702.620.7863.



Meal Prepping Made Easy

Wondering if meal prepping will help you eat healthier and make your life easier? See the 5 best meal prep techniques demonstrated - and why they work.

Tuesday, November 1, 11 a.m. to Noon

Call 702.620.7025 to register.

BLUE FREE

Thursday, November 3, 11 a.m. to Noon

Call 702.616.4925 to register.

Meeting ID: 95366853030

Password: 067429

GV HYBR FREE

Thursday, November 3, 3:15 to 4:15 p.m.

Call 702.620.7862 to register.

NLV FREE

Monday, November 7,

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

Call 702-620-7800 to register.

FLAM FREE

Eating For A Healthy Holiday

'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 class which includes proven how-to's and a live cooking demo.

Wednesday, November 16, 10 to 11 a.m.

Call 702.616.475 to register.

Meeting ID: 92180285524

Password: 188814

GV HYBR FREE

Wellness

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, dealing with difficult emotions, stress management and more! For more information or to register please call 702.616.4932.

Tuesdays starting September 6 through October 11, 2 to 3:30 p.m.

NLV FREE

Tuesdays starting September 27 through October 18

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

FLAM FLAM FREE

Thursdays starting October 6 through November 10, 10 to 11:30 a.m.

HYBR HYBR FREE

*Register for a self-taught version to receive a participant handbook and scheduled weekly 30 minute check-in calls with a trained leader.

Starting September 29 through November 3, 10 to 11 a.m.

Available in Spanish

Fruit and Vegetable Prescription Program

Eating fruits and vegetables on a daily basis is important in maintaining good health and managing chronic conditions, such as diabetes, high blood pressure, high cholesterol, cancer, etc. If you have a chronic condition and are experiencing difficulty in getting food, you may qualify to receive a 'prescription' of fresh produce delivered right to your door! Call 702.620.7800 to learn more and to see if you qualify.

Many classes require registration. Register online at StRoseHospitals.org/Classes.

Wellness

Chronic Disease Self-Management Program

Do you want to better manage your overall health while living with a Chronic Condition? It's time to focus on learning ways to improve our mental, physical, and emotional health. 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!

Thursdays, October 6 through November 10, 12:30 to 2 p.m.

BLUE HYBR FREE

*Register for a self-taught version to receive a participant handbook and scheduled weekly 30 minute check-in calls with a trained leader.

November 8 through December 13, Tuesday from 10 a.m. to Noon

Available in Spanish

Better Breathers Club

Join our Respiratory Therapy staff to learn ways to manage COPD and get support from others who share your struggles. Get the tools you need to live the best quality of life you can.

Thursdays, October 6, November 3, December 1, 1 to 2 p.m.

GV FREE

Communication through Sign Language

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

Fridays, November 4, 11, 18, 3:45 to 5 p.m.

GV FREE

Thursday, December 1, 8, 15, 3:45 to 5 p.m.

WEST FREE

Stepping On: Fall Prevention Program

Did you know that 1 out of 4 people 65 and older falls each year? Learn to prevent serious injuries like hip fractures in this seven-week class. Call 702.616.4912 to learn more.

Nevada Medicare Assistance Program



Your way through Medicare!

Medicare Assistance Program (MAP)

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

This project was supported, in part by grant numbers 90SAPG0066, 90MPPG0047, 2101NVMISH, 2101NVMIAA, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201, as well as the Nevada Aging and Disability Services Division (ADSD).

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!

Thursdays, October 13 and 27, November 10, December 8, 11:30 a.m. to 1:30 p.m.

WEST FREE

2nd Thursdays and 4th Wednesdays, 10 a.m. to Noon

GV FREE

Powerful Tools for Caregivers

Caring for a loved one? This FREE, evidence-based workshop gives you the skills to care for yourself while caring for someone else. This program is for caregivers to develop the skills to overcome the burden and stress from their role as a caregiver. For more information and to register, please call Tori Diego at 702.616.4912.

Tuesdays, October 25 through December 6, 11 a.m. to Noon

GV FREE

Virtual Stress Management Class
Wednesday, October 19, 10 to 11 a.m.
Wednesday, November 16, 2 to 3 p.m.
Tuesday, December 8, 10 to 11 a.m.

ZOOM FREE

For more information and to register, please call Tori Diego at 702.616.4912.

Senior Nutrition Program

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

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, October 5, November 2, and December 7, 5:30 to 6:30 p.m.

GV FREE

Medicare 101

Decipher the Medicare maze and maximize your benefits.

Friday, October 7, 10 to 11:30 a.m.

Meeting ID: 98710804308

Password: 473716

GV HYBR FREE

Wednesday, October 5, 1 p.m.

HEND FREE

AARP Smart Driver Program

Reduce your car insurance rates. No exam required! Call 702.616.4902 to register.

November 9, December 14, 9 a.m. to 1 p.m.

\$20 for members, \$25 for nonmembers (checks only, made out to AARP).

Let's Slow Down Dementia with Cognitive Stimulation Therapy

Call 702.616.4922 by October 20 to register.

Tuesdays & Thursdays starting October 25 through December 8, 11 a.m.

GV FREE

Call 702.616.4922 by October 31 to register.

CST Maintenance Group weekly.

Mondays starting October 31, 11 a.m.

GV FREE

Relax and Paint

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

November 9, 6 to 8 p.m.

GV \$5 per session

Safe Sitter

Date and time to be determined

Call 702.616.4902 to register.

GV

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

Flip the SCRIPT Classes (Virtual)

October 10 and 24, 2 to 3 p.m.

November 7 and 21, 2 to 3 p.m.

December 5 and 19, 2 to 3 p.m.

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 in partnership with our H.B.T.C Coach, Maria Montes, to learn how to use your benefits, find providers, and empower you to take full advantage of your health benefits. H.B.T.C classes are also available. Call 702.620.7025 to learn more about the program. *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 you manage and reduce HIV-related complications and hospitalizations. Work together with our Registered Dietitians and be empowered in improving your health and lifestyle! Call 702.620.7025 to learn more about the program. *Must be Ryan White Part A Eligible.*

A Better U!

Change starts from within. This program will help you get back on track with living a healthier lifestyle, find a support system, and develop the skills for a better outlook on life! Virtual and in-person workshops are available. Call 702.620.7025 to learn more about the program. *Must be Ryan White Part A Eligible.*

U=U Game Night

U=U means undetectable equals untransmittable. By achieving undetectable viral loads through medication adherence and living a healthy lifestyle, HIV is untransmittable to others. Join us for game night as we play the U=U card game to strengthen your support system and be empowered to being the best version of yourself. Call 702.620.7025 to learn more about the program. *Must be Ryan White Part A Eligible.*

Medical Case Management and Food Pantry Services are now available for Ryan White eligible clients. Call 702.620.7025 to learn more and to schedule an appointment.

Support Groups (FREE)

AA for Women

GV Mondays, 6:30 p.m.

AA (Co-ed)

Thursdays, 7 p.m.

(No meeting on November 3)

Alzheimer's Support

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

Amputee Support

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

Bereavement Support

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

Better Breathers COPD

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

Breast Cancer - Bilingual

NLV 3rd Monday, 10 a.m. to Noon

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 1st Wednesdays, Monthly, 10 to 11 a.m.

Narcotics Anonymous

HEND Mondays, 6 p.m.

SAN Wednesdays, 6:30 p.m.

Prostate Cancer Support Group

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

Infant Loss Support Group

GV 3rd Fridays, Monthly, starting December 16th, 7 to 8 p.m.

Mommy Care Club

Support for families dealing with Postpartum Depression. Call 702.616.4377.

HEND Tuesdays, Noon to 1 p.m.

WEST Wednesdays, Noon to 1 p.m.

BLUE 1st & 3rd Wednesdays, 10:30 to 11:30 a.m.

GV Fridays, Noon to 1 p.m.

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.

SMART Recovery for all Addictions

GV Thursdays; 6 p.m.

Caregiver Support

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

Many classes require registration. Register online at StRoseHospitals.org/Classes.

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 e-newsletter, 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.

LOCATION KEY



GV WomensCare/Outreach Center

Green Valley
2651 Paseo Verde Parkway,
Suite 180
702.616.4901

WEST WomensCare/Outreach Center

Las Vegas
7220 S. Cimarron Road,
Suite 195
702.616.4910

BLUE Wellness Center -

Blue Diamond Campus
4855 Blue Diamond Rd.,
Suite 220, Las Vegas
702.620.7025

HEND WomensCare/Outreach Center

Henderson
Rose de Lima Campus
102 E. Lake Mead Parkway
702.616.4378

SAN San Martín Campus

Las Vegas
8280 W. Warm Springs Road
702.616.4900

NLV Wellness Center -

North Las Vegas Campus
1550 W. Craig Rd.,
Suite 250, North Las Vegas
702.620.7862

ZOOM ZOOM (virtual)

HYBRID

(choose in person or Zoom)

FLAM Wellness Center -

West Flamingo Campus
9880 W. Flamingo Rd.,
Suite 220, Las Vegas
702.620.7800



XR-1298A (0922)

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.

Donate to the St. Rose Dominican Health Foundation

Help support our community wellness programs and consider donating to our Health Foundation at SupportStRose.org.