

Reach

Together in health and happiness

Summer 2024



HOW TO REGISTER

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

August is Breastfeeding, Immunizations, Children's Safety and Health Month

Breastfeeding

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

GV July 12, August 2,
September 6, 9 to 11 a.m.
\$30

Breastfeeding Helpline and Consultations

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

GV WEST \$50

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

Camp Treasure: Navigate the Deep Sea of Maternal and Child Health

Join us for our annual Fall Symposium, where we will come together for a day filled with community, activities, and powerful presentations focused on maternal, child, baby and family related topics. Learn more at nvmch.org or call 702.616.4918.

HYBR September 20, 2024,
SAN 8:30 a.m. - 4 p.m.

September is Healthy Aging Month

Nevada Medicare Assistance Program



Medicare Assistance Program (MAP)

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

This program is supported by the Administration for Community Living (ACL), U.S. Department of Health & Human Services (HHS) as part of a financial assistance award totaling \$817,497.12 with 100% funding by ACL/HHS.

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 for more information.

Medicare 101

Decipher the Medicare maze and maximize your benefits.

GV Monday July 8, 1 - 3 p.m. &
Monday, Sept. 16, 1 - 3 p.m.
FREE

HEND Monday, Aug. 19, 2 - 3:30 p.m.
FREE

BLUE Wednesday July 17, 1 - 3 p.m.
FREE

NLV Friday, Sept. 20, 2 - 4 p.m.
FREE

FLAM Monday, Sept. 9
11:30 a.m. - 1:00 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 702.616.4922.

Let's Slow Down Dementia with Cognitive Stimulation Therapy

GV Mon/Wed at 11:15 a.m.
July 22 to September 11

NLV Tues/Thursday, 11:00 a.m.
July 22 to September 5

WEST Mon/Wed: 11:00 a.m.
July 22 to September 11

(pre-assessment required- call to register),

Maintenance group: (pre-requisites/
screening required)

GV Mondays at 11:00 a.m.

GV Tuesdays at 12:30 p.m.

GV Thursdays at 1:00 p.m.
Friday, at 10:30 a.m.

Call 702.616.4919 to register

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 difficult emotions, stress management and more! Call 702.616.4932 for more information on a workshop near you.

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 702.616.4932 for more information on a workshop near you.

Senior Pathways Program 65+

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 702.307.8913 or email julie.tousa@dignityhealth.org.

Senior Nutrition Program

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

Communication through Sign Language

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

WEST **Thursdays, August 8, 15, 22, 3:45 to 5 p.m.**

FREE

GV **Fridays, September 6, 13, 20, 3:45 to 5 p.m.**

FREE

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, July 11 & 25, August 8 & 22, September 12 & 26, 11:30 a.m. to 1:30 p.m.**

FREE

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

FREE

Relax and Paint

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

WEST **Tuesday, September 10 6 to 8 p.m.**

GV **Wednesday, August 14 5:30 to 7:30 p.m.**
\$ 10 per session

Safe Sitter

Saturday, August 24, 9 a.m. to 3:30 p.m.
\$25 lunch included, please call 702.616.4902 to register.

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 702.616.4912 to learn more.

WEST **Fridays, July 26 through Sept. 13 (no class 8/30), 9 - 11 a.m.**

GV **Fridays, Aug. 2 through Sept. 20 (no class 8/30), 1 - 3 p.m.**

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.

Wednesday, July 3, August 7, and September 4, 5:30 to 6:30 p.m.

GV 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 702.620.7862 for more information.

BLUE **2nd and 4th Wednesday, monthly 1 to 3 p.m.**

FLAM **2nd & 4th Thursdays, monthly, 1 to 3 p.m.**

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

Nutrition

Healthy, Quick and Easy Recipes

Come explore easy recipes with 5 ingredients or less for a quick and healthy dish. Taste for yourself!

BLUE Tuesday, August 13,
11 a.m. to noon

Call 702.620.7025 to register.
FREE

FLAM Wednesday, August 14, 1 to 2 p.m.

Call 702.620.7800 to register.
FREE

GV Thursday, August 15, 10 to 11 a.m.

Call 702.616.4975 to register.
FREE

NLV Thursday, August 15,
11 a.m. to noon

Call 702.620.7862 to register.
FREE

Nutrition Seminar: Shopping, Preparing and Cooking Food for Better Blood Pressure

Come join the discussion about shopping for and preparing blood pressure friendly foods including using herbs and spices.

FLAM Wednesday, August 7, 1 to 2 p.m.

Call 702.620.7800 to register.
FREE

BLUE Thursday, August 8, 1 to 2 p.m.

Call 702.620.7025 to register.
FREE

NLV Friday August 9, 1 to 2 p.m.

Call 702.620.7862 to register.
FREE

Nutrition Seminar:

Heart Healthy Eating for Life

Come join the discussion about heart healthy eating including snacks and dining out.

FLAM Wednesday, September 11,
10 to 11 a.m.

Call 702.620.7800 to register.
FREE

BLUE Thursday, September 12,
1 to 2 p.m.

Call 702.620.7025 to register.
FREE

NLV Friday, September 13, 1 to 2 p.m.

Call 702.620.7862 to register.
FREE

Nutrition Consultations

Meet with a registered dietitian. Most insurances welcome and cash discounts available. Flexible, convenient times available. Call 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@DignityHealth.org for questions or to schedule an appointment.

Online Bariatric Support Group

Our online bariatric support group is free to anyone who has had weight loss surgery, is preparing for surgery, or simply has questions. We are here to support you.

ZOOM Every third Wednesday of the month, Noon to 1 p.m.

Scan QR code to join via Zoom



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.



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.

Monday, September 9, 11 to noon

Call 702.616.4975 to register.

GV 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. Proxima clase aun por ser determinada. Para obtener más información llame a Angel Garcia al 702.616.4929 o envíe un correo electrónico a angel.garciasaavedra@dignityhealth.org

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 email Angel Garcia at 702.616.4932 angel.garciasaavedra@dignityhealth.org

GV **Mondays, August 5-25, 10 to 11 a.m.**

NLV **Thursdays, September 5-26, 2:45 to 3:45 p.m.**

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Healthy Heart Ambassador - Blood Pressure Self Monitoring Program (BPSM)

This evidence-based program is designed to help adults with hypertension lower and manage their blood pressure. The 4-month program focuses on regular home self monitoring using proper blood pressure measuring techniques, one-on-one consultations with a trained program facilitator, support and group-based nutrition education for better blood pressure management. Call your nearest participating Wellness Center for more information.

Blue Diamond- 702.620.7025

North Las Vegas- 702.620.7862

West Flamingo- 702.620.7800

Sahara- 725.307.8915

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!

Senior Peer Counseling Training

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

Male and Spanish speaking counselors needed. To participate call 725.307.8913. Fall 2024.

FREE

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

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 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 call 775.553.8024 or visit nvmch.org to learn more and to register.

July 12, 10 - 11 a.m.

Aug 14, 10 - 11 a.m.

Sept 13, 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 to learn more.

FREE Birth Center Tours

Siena Campus:

Thursday evenings



Register at

StRoseHospitals.org/classes.

Breastfeeding/Prenatal Classes

Baby Basics

Learn the basics of caring for your newborn.

GV **July 18, August 15,**
September 19, 6 to 9:30 p.m.
\$30

Baby Weigh Stations

Baby weight checks. No appointment necessary.

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

Breast Pump Rentals

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

GV **WEST**

Daddy Boot Camp

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

GV **Saturday August 10,**
9 a.m. to 11 a.m.
\$20

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 **July 9, 16, Aug 6, 13, Sept 10, 17**
6 to 9 p.m.
\$35

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 **July 27, Aug 17, Sept 21**
9 a.m. to 3 p.m.
\$35

Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline:
800.784.8669.

Diabetes Management

Prediabetes: A Fork in the Road

With early detection and awareness, you can take action to prevent or delay Type 2 diabetes. Learn the steps for lifestyle changes toward better health.

GV **Monday, August 19,**
3:30 to 4:30 p.m.
Call 702.616.4975 to register.
FREE

NLV **Friday, September 20, 9 to 10 a.m.**
HYBR Call 702.620.7862 to register.
FREE

Meeting ID: 983 1953 2282

Password: 852741

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 or to register, please call 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

Infants, Children & Parenting

Baby Steps: Learn and Play

Babies learn to focus their vision, reach out, explore, and learn about the things that are around them. Join this exciting but not overstimulating circle time with your little one! Come ready to sing, dance and learn more about your baby through parent discussions, we call Parent Corner.

GV Tuesdays, 12:15 to 1 p.m. FREE

Sing and Sign: Food Time

For parents with children ages newborn to 2 years.

WEST Thursdays, July 18, August 1 & 15, September 5 & 19, 1 to 1:30 p.m.

WEST Saturdays, July 13, August 10, & September 14, 12:30 - 1 p.m.

GV Tuesdays, July 2 & 16, August 6 & 20, September 3 & 17, 1 to 1:30 p.m.
FREE

St. Rose WIC Nutrition Program

Healthy food, nutrition education, and breastfeeding support. For children up to age 5 and expecting mothers. Call 702.616.4905 (Henderson) or 702.616.4910 (Las Vegas.) Need help? If you have difficulty understanding English or have a disability, free language assistance or other aids and services are available upon request. Please let WIC staff know or contact your local WIC Clinic. This institution is an equal opportunity provider.

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 months to 18 years. Email tawanda.mcintosh@dignityhealth.org to register.

ZOOM Wednesdays, September 11, 18, 25, October 2, 9
9:30 to 11:30 a.m.
\$50 includes workbook

Happiest Baby on the Block

Teaches new parents how to switch on their baby's powerful calming reflex. A study done in Boulder, Colorado, had public health nurses learn and then teach the Happiest Baby calming techniques to new parents of fussy babies. The findings? In 98% of cases, there was a significant improvement in the parents' ability to calm their baby.

2nd Mondays, Monthly, 9:30 to 10:15 a.m.

Circle Time with Miss Tawanda

Step into Circle Time with Miss Tawanda, 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 Tawanda 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 July 11, August 8, Sept 12; 11:30-12:15 pm

healthy eating, dealing with stress, goal setting, positive thinking, developing support systems, and so much more! Call 702.616.4932 for more information on a workshop near you.

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 the diabetes self-management skills offered in individual and group settings. Physician referral is required. Please call 702.616.4975 for details.

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.

FLAM Wednesday, August 7, 10 to 11 a.m.

Call 702.620.7800 to register.
FREE

NLV Friday, September 6, 10 to 11 a.m.
Call 702.620.7862 to register.
FREE



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

Ryan White Programs (HIV)

Ryan White Eligibility

Are you living as an HIV+ person with little to no resources? Call us today to enroll in the Ryan White Program! Get access to many core medical & support services including: Food assistance programs, dental services, emergency financial assistance, transportation assistance and more! Call today for eligibility 725.307.8901.

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 in life! Virtual and in-person workshops are available. Call 725.307.8901 to learn more about the program and class location.

Must be Ryan White Part A Eligible.

SAHA Every Monday July 8 through August 12, 5:30 to 7:30 p.m.

¡Tu Mejor Versión!

El cambio comienza por dentro. Participe en nuestro programa de autogestión positiva mejorado. Este taller de 6 semanas lo ayudará a retomar el camino para llevar un estilo de vida más saludable, buscar un sistema de apoyo y adquirir una mejor perspectiva sobre la vida.

Por favor llame a 725.307.8901 para mas informacion. *Debe ser elegible para Ryan White Parte A*

NLV Cada Jueves, desde el 7/11 al 8/15 de 5:30 a 7:30 p.m.

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 725.307.8901 to learn more about the program. *Must be Ryan White Part A Eligible.*

SAHA Last Wednesday of the month, 6 to 8:00 p.m.

Medical Case Management

Medical Case Management provides eligible clients access to a range of client-centered services that link them with Health Care, Medical Nutrition Therapy and other services. These services focus on treatment adherence, access to treatment options, and social support. Contact 725.307.8901 to schedule an assessment.

Fresh to U Food Bank

In need of food assistance? Our food bank offers shelf stable food, well balanced nutritious food bags selected by a dietitian. Food items are ready to eat, and require very little preparation. Bags can be picked up at 4 convenient locations or delivered to you! Personal care products are also available. Do not hesitate to call 725.307.8901. *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 Coaches to find providers and empower you to take full advantage of your health benefits. H.B.T.C classes are also available. Call 725.307.8901 to learn more about the program and class location. *Must be Ryan White Part A Eligible.*

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

Ryan White Lunch and Learn

Join us for an engaging Lunch and Learn session designed for HIV providers and individuals living with HIV. This session aims to provide valuable information,



updates, and resources on the latest developments in HIV care, treatment options, and support services. Come together with fellow healthcare professionals and members of the HIV community to enhance your knowledge, exchange experiences, and foster collaboration in the fight against HIV. Please call 725.307.8901 to register.

SAHA July 17th 1 to 3 p.m.

Flip the Script

Hello! Flip the SCRIPT is changing and we are developing a monthly health workshop that allows participants (in-person and virtual) to actively take charge of their health outcomes. Workshops are facilitated by Dr. KayLynn Bowman, a Community Pharmacist, and will include guest speakers, presentations, demonstrations and active participation in group discussions are encouraged. Call 725.307.8901 to learn more

NLV July 18, 3:30 o 4:30 p.m.
August 15, 3:30 to 4:30 p.m.

Positive Lifestyle and Nutrition Program

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 for eligibility 725.307.8901.

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

Support Groups

AA for Women

GV Mondays, 6:30 p.m.

Alzheimer's Support

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

Amputee Support

Email jlamoree@dignityhealthrehab.com for more information

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

Bereavement Support

Each "set" of offerings runs for eight sessions. The first will begin on July 22.

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

SIENA 1st and 3rd Wednesdays, 4 p.m.
MacDonald Conference Center

Caregiver Support

GV Mondays 11 a.m. & Thursdays 1 p.m.

NLV Spanish Support Group, 3rd Mondays at 4:30 p.m. and 4th Fridays at 5 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 to register.

GV Fridays, noon to 1 p.m.

MS Support Group

GV 3rd Wednesdays, 6 to 8 p.m.

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

Narcotics Anonymous

HEND Mondays, 6 p.m.

HEND Fridays, 6 p.m.

SAN Wednesdays 6:30 p.m.

Prostate Cancer Support Group

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

R.E.D. Rose 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.

SAHA Spanish, 1st Thursday, Monthly 10:30 a.m. to noon

NLV Spanish, 3rd Monday, Monthly 11 a.m. to 12:30 p.m.

NLV English, 3rd Friday, Monthly 11 a.m. to noon

Shining Stars Women's Support Group

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

NLV 2nd and 4th Friday, 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. 702.620.7025.

Stroke Support Group

Dignity Health Rehabilitation Hospital
2nd Thursday, 11 a.m. to noon

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.

Women's Support Group

SAHA 2nd Tuesday, starting August 13 10 to 11:30 a.m.

Screenings & Survivorship

Freedom from Smoking

Kick the habit with this supportive, multistep American Lung Association program. Please email Richard at Richard.Davis@DignityHealth.org for more information.

Mammograms

Uninsured or underinsured? You may qualify for a free mammogram. Call the Engelstad Foundation R.E.D. Rose Program at 702.620.7858. Funded by the Engelstad Foundation.

Health Screenings

Keeping good health also means having regular check-ups and knowing your numbers. Have you had a health screening recently? Call 702.616.4902 to schedule an appointment.

July 18, 7 to 10 a.m.



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.

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

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 **HYBR** **Mondays and Tuesdays**
9:30 to 10:30 a.m.
Meeting ID: 2306755005
No password
FREE

WEST **Saturdays, 9 to 10 a.m.**
FREE

BLUE **Thursdays, 9:30 to 10:30 a.m.**
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 **Tuesdays, 9 to 10 a.m.**
NLV **HYBR** **Tuesdays, 9 to 10 a.m.**
Meeting ID: 928 438 7723
FREE

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: 2306755005
No password
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: 2306755005
No password
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, 9 to 10 a.m.
Thursdays, 8:30 - 9:30 a.m.
Meeting ID: 937 2168 6896
Password: 927227
FREE

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

NLV **Thursday 1:30-2:30 p.m.**
Call 702.620.7862 for more
information.
FREE

BLUE **Fridays 10:45 to 11:45 a.m.**
FREE

Gentle Yoga

Gain flexibility and balance.

WEST **HYBR** **Mondays & Wednesdays,**
9 to 10 a.m.
\$5 per session or
5 sessions for \$20

HYBR **Mondays, 10:30 to 11:30 a.m.**
Meeting ID 91934411072
Passcode 169902 BD

GV **Tuesdays, Thursdays, 10 to 11 a.m.**
in person only \$5 per session
or five sessions for \$20

HEND **Tuesdays, Thursdays, 10 to 11 a.m.**
SAHA **Tuesday, July 23, 10:30 - 11:30 a.m.**
(One class)
FREE

Beginners Yoga

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

BLUE **Mondays, 11:30 a.m. to 12:30 p.m.**
FLAM **Thursdays, 11 a.m. to noon**
FREE

Mixed-Level Yoga

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

WEST **Mondays & Wednesdays,**
8 to 9 a.m.
\$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. 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 **Mondays, 12:30 to 1:30 p.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, 10:30 - 11:30 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

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

Tai Ji Quan: Movement for Better Balance - Level 1

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

GV HYBR **Mondays and Wednesdays, noon to 1 p.m.**
To register, call 702.616.4902.
ID: 99105069117
Passcode: 172186

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

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.

Mondays and Wednesdays, 9 to 10 a.m.
ZOOM ID: 99105069117
Passcode: 172186

GV **Mondays and Wednesdays, 11 a.m. to noon**

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.**
FREE

FLAM **Fridays, 9:30 to 10:30 a.m.**
FREE

Zumbini

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

GV **Monday, 10 - 10:45 a.m., Tuesdays and Thursdays, 9:15 to 10 a.m. Fridays, 1:30 pm**
FREE

WEST **Thursdays, 10:15 to 11 a.m., Saturdays, 11:15 a.m. to noon**
FREE

BLUE **Wednesdays and Fridays, 9:30 to 10:30 a.m. Thursdays, 10:45 to 11:45 a.m.**
FREE

FLAM **Tuesdays, 10 to 10:45 a.m.**
FREE

NLV **Tuesdays, 5:30-6:30 p.m. Saturdays, 10:30-11:30 a.m.**
FREE

HEND **Wednesdays, 2:00 to 2:45 p.m.**
FREE

Sunrise Chair Stretch and Balance

Start your day off with relaxing stretching.

GV HYBR **Wednesdays and Fridays, 8 a.m.**
Meeting ID: 2662794587
No password
\$5 per session or 5 sessions for \$20

Intro to Tai Chi Qigong

GV **Mondays at 1 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

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

Yin Yoga

FLAM HYBR **Mondays and Thursdays, 9:45 to 10:45 a.m.**
Meeting ID: 913 3688 1442
Password: Wellness

Mental Health

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@dignityhealth.org for additional information and registration.

ZOOM **August 15, 9:00 a.m. to 4:00 p.m.**
\$24.95

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 about self-care strategies and techniques to increase relaxation and reduce stress. For more information and to register, please call 702.616.4918.

GV **Tuesday/Thursday, 11:15 a.m. -12:15 p.m., July 9 to August 22, Oct. 1 to Nov 14**

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 llame al 702.592.6719 para registrarse.

ZOOM GRATIS

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@dignityhealth.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 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.

- 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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