

Reach

Together in health and happiness

Winter 2023



HOW TO REGISTER

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

February is American Heart Month

Don't skip a beat with your heart's health. You're never too old or young to take care of your heart. The first step is understanding your risk and how to manage the factors within your control. Make heart health a priority.

Eat Heart Smart for Life

Learn to manage high blood pressure, high cholesterol, and high triglycerides with nutrition strategies for a healthy heart.

Tuesday, January 9, 10 to 11 a.m.

Call 702.620.7025 to register.

BLUE FREE

Monday, March 11, 11 a.m. to Noon

Call 702.616.4975 to register.

GV 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. Perks include a monthly fresh fruits and vegetables box delivered to your door! For more information or to register, please call or email

Angel Garcia at 702.616.4929

angel.garciasaavedra@dignityhealth.org

Mondays, February 5 to February 26, 1 to 2 p.m.

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. Para obtener más información llame a Angel Garcia al 702.616.4929 o envíe un correo electrónico a angel.garciasaavedra@dignityhealth.org.

Be Smart and Air Fry for Your Heart Cooking Demo

Celebrate American Heart Month with us! Learn the secrets to making delicious, crispy, healthy nutritious foods using an Air fryer.

Tuesday, February 13, 11 a.m. to Noon

Call 702.620.7025 to register.

BLUE FREE

Wednesday, February 14, 1:30 to 2:30 p.m.

Call 702.620.7800 to register.

FLAM FREE

Thursday, February 15, 10:30 to 11:30 a.m.

Call 702.616.4975 to register.

GV FREE

Thursday, February 15, 2:30 to 3:30 p.m.

Call 702.620.7862 to register.

NLV FREE

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.

Call 702.620.7025 to register.

BLUE FREE

Call 702.620.7862 to register.

NLV FREE

Call 702.620.7800 to register.

FLAM FREE

Nutrition Seminar: Dietary Approaches to Manage Hypertension

Come join the discussion about the DASH Diet, why it works and how to fit it into your lifestyle.

Wednesday, January 24, 10 to 11 a.m.

Call 702.620.7800 to register.

FLAM FREE

Thursday, January 25, 1 to 2 p.m.

Call 702.620.7025 to register.

BLUE FREE

Friday, January 26, 11 a.m. to Noon

Call 702.620.7862 to register.

NLV FREE

Nutrition Seminar: Reducing Sodium Intake

Come learn about the low sodium lifestyle-ways to reduce sodium by choosing healthier options and why this lifestyle works.

Wednesday, February 21, 10 to 11 a.m.

Call 702.620.7800 to register.

FLAM FREE

Thursday, February 22, 1 to 2 p.m.

Call 702.620.7025 to register.

BLUE FREE

Friday, February 23, 11 a.m. to Noon

Call 702.620.7862 to register.

NLV 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.

Wednesday, March 20, 10 to 11 a.m.

Call 702.620.7800 to register.

FLAM FREE

Thursday, March 21, 1 to 2 p.m.

Call 702.620.7025 to register.

BLUE FREE

Friday, March 22, 11 a.m. to Noon

Call 702.620.7862 to register.

NLV FREE



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.

Friday, January 19, 10 to 11 a.m.

Call 702.620.7862 to register.

NLV FREE

Thursday, January 25, 3 to 4 p.m.

Call 702.616.4975 to register.

GV \$10

Wednesday, February 7, 11 a.m. to Noon

Call 702.620.7800 to register.

FLAM FREE

Tuesday, March 5, 1 to 2 p.m.

Call 702.620.7025 to register.

BLUE FREE

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. Scholarship opportunities are available. To learn more or to register, please call 702.616.4975.

Next group starts Thursday afternoons in February

GV

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.

Diabetes Self-Management Program

Be empowered to better manage your diabetes while learning different tools to live a healthier and happier life! During the 6 weekly sessions, you'll learn healthy eating, dealing with stress, goal setting, positive thinking, developing support systems, and so much more! Call

702.616.4932 for more information on a workshop near you.

Register for a phone script workshop that start the 1st week of every month to receive a participant handbook and a scheduled weekly call with a trained leader

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.

Tuesday, January 9, 2 to 4 p.m.

Call 702.620.7862 to register.

NLV FREE

Monday, February 12, 1 to 3 p.m.

Call 702.620.7862 to register.

NLV FREE

Friday, March 22, 1 to 3 p.m.

Call 702.620.7862 to register.

NLV FREE

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

Breastfeeding/Prenatal Classes

Baby Basics

Learn the basics of caring for your newborn.

**January 4 & 18, February 1 & 15,
March 7 & 21, 6 to 9:30 p.m.**

GV \$30

Breastfeeding

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

January 15, 9 to 11 a.m.

February 5, 9 to 11 a.m.

March 4, 9 to 11 a.m.

GV \$30

Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline:
800.784.8669.

Baby Weigh Stations

Baby weight checks. No appointment necessary

GV WEST HEND FREE

Daddy Boot Camp

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

January 11, March 14, 6 to 8 p.m.

February 10, 9 to 11 a.m.

GV \$20

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

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.

January 6 & 20, February 3 & 17,

March 2 & 16, 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.

January 9, 16, 23, 6 to 9 p.m.

February 6, 13, 20, 6 to 9 p.m.

March 5, 12, 19, 6 to 9 p.m.

GV \$35

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.

Tuesdays, 12:15 - 1:00 pm

GV FREE

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

February 7 to March 13,

9:30 to 11:30 a.m.

ZOOM \$50 includes workbook

Infant CPR

American Heart Association Friends & Family non-certified course in infant and child CPR and relief of foreign airway obstruction.

Jan. 10, Feb. 7, Mar. 13, 6 to 8 p.m.

GV \$20

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.

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.

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.

GV

Sing and Sign: Food Time

For parents with children ages newborn to 2 years.

Thursdays, Jan 4 & 18, Feb 1 & 15,

Mar 7 & 21, 1 to 1:30 p.m.

WEST FREE

Tuesdays, Jan 2 & 16, Feb 6 & 20,

Mar 5 & 19, 1 to 1:30 p.m.

GV FREE

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 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.

January 12, 10 to 11 a.m.

February 20, 10 to 11 a.m.

March 15, 10 to 11 a.m.

FREE

Text4Baby

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



Screenings & Survivorship

Freedom from Smoking

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

Contact Richard Davis at richard.davis@dignityhealth.org

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?

February 15, 7 to 10 a.m.

Call 702.616.4902 to schedule an appointment.

GV

FREE Birth Center Tours

Siena Campus:
Thursday
evenings



Register at StRoseHospitals.org/classes.



nevada
health link

Dignity Health Connecting You to Health Insurance Options

Open Enrollment for everyone seeking affordable coverage in 2024 runs from November 1, 2023 through January 15, 2024. Recent life changes (such as losing health insurance or Medicaid, changes in job or income, or changes to 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 at 702.616.4904 or nevadahealthlink@dignityhealth.org.

Many classes require registration. Register online 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 LOW Fitness

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

Tuesdays, 8:30 to 9:45 a.m.

NLV

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

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 - 10:30 a.m.

Meeting ID: 2306755005

No password

NLV HYBR FREE

Saturdays, 9 - 10 a.m.

WEST FREE

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

BLUE 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

HIGH Fitness and High Yo

Yoga inspired, music driven stretching- High Yo was created to help people fall in love with stretching. This lighthearted format incorporates stretching, strength and balance to improve overall

health and show what a difference stretching can make in our lives and for our bodies. High-Yo was created to leave you feeling amazing, help you appreciate and take care of your body, prevent injuries, and maintain overall good health. Most importantly, High Yo is FUN - say goodbye to boring old stretching and say hello to High Yo!

Tuesdays, 8:30 to 9:45 a.m.

BLUE

Mixed-Level Yoga

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

Mondays & Wednesdays 8 to 9 a.m.

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

Meeting ID: 993 9499 1930

Passcode: West

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.

Tuesdays, Thursdays, 1 to 2 p.m.

HEND FREE

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

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, 1:15 to 2:15 p.m.

GV FREE

Mondays & Wednesdays,

1:30 to 2:30 p.m.

Tuesdays & Thursdays, 9 to 10 a.m.

WEST FREE

Mondays, Wednesdays, and Fridays,

9 to 10 a.m. & 10:15 to 11:15 a.m.

HEND FREE

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

Call 702.620.7862 for more information.

BLUE NLV FREE

Fridays, 10:45 a.m. to 11:45 a.m.

Gentle Yoga

Gain flexibility and balance.

Mondays & Wednesdays, 9 to 10 a.m.

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

Meeting ID: 964 6529 4838

Passcode: West

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

Meeting ID: 91934411072

Passcode: 169902

HYBR

Tuesdays & Thursdays, 10 to 11 a.m.

GV In person only \$5 per session or
five sessions for \$20

Tuesdays, Thursdays, 10 to 11 a.m.

HEND FREE

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

BLUE FREE

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

WEST 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.

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

WEST FREE

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

BLUE FREE

Vinyasa Flow Yoga (Beyond the Basics)

Follow your breath and move through yoga postures to build strength, balance, and flexibility.

Monday & Thursdays, 8:30 to 9:30 a.m.

Meeting ID: 913 3688 1442

Password: Wellness

FLAM HYBR

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 702.616.4902.

New session begins Mondays & Wednesdays, January 22 to April 10, Noon to 1 p.m.

Class ID: 99105069117

Passcode: 172186

HYBR GV

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.

New session begins Mondays & Wednesdays, January 22 to April 10, 9 to 10 a.m.

Class ID: 99105069117

Passcode: 172186

ZOOM

Tai Ji Quan: Movement for Better Balance

For beginners and experienced who wish to learn or enhance their movements, and improve their mobility, posture, strength, and flexibility. For more information and to register call 702.620.7800.

Tuesdays & Thursdays, 3 to 4 p.m.

FLAM

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, 6 to 7 p.m.

HEND FREE

Tuesdays, 4 to 5 p.m.

Class ID: 3527 95095

No Password

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

Meeting ID: 928 438 7723

No Password

Call 702.620.7025.

BLUE FLAM HYBR FREE

Zumbini

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

Tuesday & Thursdays, 9:15 to 10 a.m.

GV FREE

Wednesdays, 2 to 2:45 p.m.

HEND FREE

Thursdays, 10:15 to 11 a.m.

Saturdays, 11:15 a.m. to Noon

WEST FREE

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

Thursdays, 10:45 a.m. to 11:45 a.m.

BLUE FREE

Tuesdays, Wednesdays & Fridays, 10 to 10:45 a.m.

FLAM FREE

Tuesdays, 5:30 to 6:30 p.m.,

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

beginning February 3.

NLV FREE

Fitness

Beginner Yoga

Embark on a journey of tranquility in this beginner-friendly class. Join our instructors in learning gentle poses, slow stretching, focused breath work, and guided meditation.

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

BLUE

Thursdays, 11 a.m. to Noon

FLAM

Sunrise Chair Stretch and Balance

Start your day off with relaxing stretching.

Wednesdays & Fridays, 8 a.m.

GV \$5 or 5 for \$20

Intro to Tai Chi Qigong

Mondays at 1 p.m.

GV \$3 or 10 for \$20

Advanced Tai Chi

Mondays at 2 p.m.

GV \$3 or 10 for \$20

Beginning Tai Chi

Wednesdays at 1 p.m.

GV \$3 or 10 for \$20

Intermediate Tai Chi

Wednesdays at 2 p.m.

GV \$3 or 10 for \$20

Yin Yoga

Mondays & Thursdays,

9:45 to 10:45 a.m.

Meeting ID: 913 3688 1442

Password: Wellness

FLAM **HYBR**

Walking Club

Tuesdays & Thursdays, 8:30 a.m.

Discovery Park

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. 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.

(Virtual) Mondays, January 15 & 29, February 12 & 26, March 11 & 25, 2 to 3 p.m.

Must be Ryan White Part A Eligible.

H.B.T.C (Health Benefit Take Charge)

Help you understand how to navigate and maximize your health insurance to best fit your 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. Call 702.620.7025 to learn more about the program.

2nd Wednesday, January 10, February 14, March 13

NLV

Must be Ryan White Part A Eligible.

Eating for a Healthy Heart

February 14, 5:30 to 6:30 p.m.

National Nutrition Month Demo

March 13, 4 to 5 p.m.

NLV

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!

February 14, 5:30 to 6:30 p.m.

A Better U!

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.

January 19 & 26, February 2, 9, 16, 23, Noon to 1 p.m., March TBD

Must be Ryan White Part A Eligible.

¡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. Debe ser elegible para Ryan White Parte A. Por favor Llame a 702.260.7025 para mas informacion.

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.

Wednesdays, January 24, February 21, March 20, 6 to 7:30 p.m.

Must be Ryan White Part A Eligible.

Diamonds in the Rough Women's HIV 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.

Fridays, January 12 & 26, February 9 & 23, March 8 & 22, 10 a.m. to Noon

NLV

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



Support Groups (FREE)

AA for Women

GV Mondays, 6:30 p.m.

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.

Stroke Support Group

Dignity Rehab
2nd Thursday, 11 a.m. to Noon

R.E.D. Rose Support Group - Bilingual

NLV 3rd Friday, 10:30 a.m. to Noon

Caregiver Support

GV Mondays, 11 a.m.,
Thursdays, 1 p.m.,
NLV Last Thursdays, 11 a.m. to Noon
(Spanish)

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.
NLV March 22, Noon to 1 p.m.

Narcotics Anonymous

HEND Mondays & Fridays, 6 p.m.
SAN Wednesdays, 6:30 p.m.

Prostate Cancer Support Group

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

Mommy Care Club

1 in 5 women suffer from Postpartum Depression, we are here to support you in your motherhood journey. Call 775.553.8024.

GV Fridays, Noon to 1 p.m.

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.

SMART Recovery for all Addictions

GV Thursdays; 6 p.m.

Infant Loss Support Group

GV 3rd Fridays, Monthly, 7 to 8 p.m.

MS Support Group

FLAM 1st Mondays, Monthly, 6 to 8 p.m.
GV 3rd Saturdays, Monthly, 10 a.m. to Noon

Women's HIV Support Group

Open to all women including transgendered women.
NLV 2nd & 4th Fridays, 10 a.m. to Noon

Ostomy Support Group

GV 2nd Fridays, 6 to 8 p.m.

Kinship Care Club

Whether you're a parent, grandparent, aunt, uncle, cousin or close family friend providing care for a child, we're here to offer a helping hand and create a sense of belonging.

WEST Wednesdays, Noon to 1 pm

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 702.616.4922.

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.

February 21, 9 a.m. to 4 p.m.

ZOOM \$24.95

Volunteer

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 or to pack pantry foods for delivery. 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!

Wellness

Chronic Pain Self-Management Program

Learn techniques to better cope with arthritis, neck, back, 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.

Register for a phone script workshop starting the 1st week of every month to receive a participant handbook and a scheduled weekly call with a trained leader

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! Call 702.616.4932 for more information on a workshop near you. **Register for a phone script workshop starting the 1st week of every month to receive a participant handbook and a scheduled weekly call with a trained leader**

Communication through Sign Language

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

Thursdays, February 8, 15, 22, 3:45 to 5 p.m.

WEST FREE

Fridays, March 8, 15, 22, 3:45 to 5 p.m.

GV 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.

Fridays, February 16 through

March 29, 10 a.m. - Noon

GV FREE

Senior Nutrition Program

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

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.

Knit to Heal Prayer Shawls

Knit prayer shawls for patients and loved ones (or pick up a prayer shawl for someone facing illness). Yarn donations are also appreciated!

Thursdays, Jan. 11 & 25, Feb. 8 & 25, Mar. 14 & 28, 11:30 a.m. to 1:30 p.m.

WEST FREE

2nd Thurs. & 4th Wed., 10 a.m. to Noon

GV 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.

Powerful Tools for Caregivers

Caregiving for a loved one can be a big responsibility. Join this one-time session to introduce self-care strategies and techniques to increase relaxation and reduce stress. For more information and to register, please call 702.616.4918.

Tuesdays & Thursdays, January 16 through February 29, 11:15 a.m. to 12:15 p.m.

GV FREE

Tuesdays & Thursdays, January 16 through February 29, 11 a.m. to Noon

NLV FREE

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.

Todos los Lunes, 8 de enero a 12 de febrero o 4 de marzo a 8 de abril, 5:30 a 7 p.m.

ZOOM GRATIS

Todos los Martes, 6 de Febrero a 12 de

Marzo, 6 a 7:30 p.m.

ZOOM GRATIS

Por favor llame al 702.541.5224 para registrarse.

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.

Wednesdays, January 3, February 7, March 6, 5:30 to 6:30 p.m.

GV FREE

Medicare 101

Decipher the Medicare maze and maximize your benefits.

Tuesdays, Jan. 9 & Mar. 12, 2 to 3:30 a.m.

GV FREE

Friday, Feb. 16 at 1 p.m.

HEND FREE

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.

Let's Slow Down Dementia with Cognitive Stimulation Therapy

Call 702.616.4919 to register.

Tuesdays & Thursdays, January 16 through February 29, 11:15 a.m.

GV NLV

Maint. group: (pre-requisites/screening req.)

Mondays, 11 a.m., Thursdays, 1 p.m., Fridays, 10:30 a.m.

GV NLV

Relax and Paint

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

February 21, 5:30 to 7:30 p.m.

GV \$10 per session

Safe Sitter

Monday, January 15, 9 a.m. to 3:30 p.m.

\$25 lunch included please call 702.616.4902 to register.

The Mats Project

Join this group in upcycling plastic bags into eco-friendly sustainable sleeping mats for those experiencing homelessness.

Mondays, Weekly, 3 to 7 p.m.

NLV

2nd & 4th Thursdays, Monthly, 1 to 3 p.m.

FLAM

Nutrition

Healthy Habits for Weight Management

Kickstart 2024 with healthy habits for your weight management journey. Join our Registered Dietitians as they share 3 easy and practical tips to keep you motivated throughout the year! Come taste your way through this fun class.

Wednesday, January 10, 1 to 2 p.m.

Call 702.620.7800 to register.

FLAM FREE

Thursday, January 11, 1:30 to 2:30 p.m.

Call 702.616.4975 to register.

GV FREE

Tuesday, January 16, 10 to 11 a.m.

Call 702.620.7025 to register.

BLUE FREE

Thursday, January 18, 2:30 to 3:30 p.m.

Call 702.620.7862 to register.

NLV FREE

Healthy Eating... Beyond the Table

Celebrate National Nutrition Month with us! Get inspired on your nutrition journey by developing a personal plan, learning techniques for grocery store picks and balancing nutrition and physical activity. Come taste how delicious balance can be!

Wednesday, March 6, 1 to 2 p.m.

Call 702.620.7800 to register.

FLAM FREE

Thursday, March 7, 11 a.m. to Noon

Call 702.616.4975 to register.

GV FREE

Tuesday, March 19, 11 a.m. to Noon

Call 702.620.7025 to register.

BLUE FREE

Thursday, March 21, 2:30 to 3:30 p.m.

Call 702.620.7862 to register.

NLV 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. Please contact kim.gilliland@dignityhealth.org for any questions.

GV SAN ZOOM FREE

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 take you through the steps to surgery. Email SRDH-BariatricInfo@DignityHealth.org for questions or to schedule an appointment.



Nutrition Consultations

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

Check out page 2 for other Healthy Heart nutrition classes!



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.

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 or call 702.620.7800.

LOCATION KEY



GV WomensCare/Outreach Center
Green Valley
2651 Paseo Verde Parkway,
Suite 180
702.616.4901

HEND WomensCare/Outreach Center
Henderson
Rose de Lima Campus
102 E. Lake Mead Parkway
702.616.4378

ZOOM ZOOM (virtual)

HYBR HYBRID
(choose in person or Zoom)

WEST WomensCare/Outreach Center
Las Vegas
7220 S. Cimarron Road,
Suite 195
702.616.4910

SAN San Martín Campus
Las Vegas
8280 W. Warm Springs Road
702.616.4900

SIENA Siena Campus
Henderson
3001 St. Rose Parkway
702.616.5000

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

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

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



Dignity Health
St. Rose Dominican

XR-1298A (0623)



Please scan the QR code
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of Reach Magazine



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.