

Reach

Together in health and happiness

Spring 2022



HOW TO REGISTER

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

Mental Health Awareness Month

May is Mental Health Awareness Month. Community Wellness will be hosting various events featuring:

Adult Mental Health First Aid

Mental Health First Aid training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care. Join or Schedule an Organization, Company or Group Team Training. Please email terry.maurer@dignityhealth.org for additional information.

**April 8, 22, May 6, 27, June 9, 24,
9 a.m. to 4 p.m.**

ZOOM \$25.98

safeTALK Suicide Prevention

Suicide alertness training.

Friday, June 3, 10 a.m. to 1 p.m.

NLV

NEW! Let's Slow Down Dementia with Cognitive Stimulation Therapy

Call 702.616.4971 by May 2 to register.

Mondays & Thursdays starting May 9th through June 23rd, 10 a.m.

GV Free

Call 702.616.4971 by May to register.

Tuesdays & Thursdays starting May 10 through June 23, 2 p.m.

WEST Free

Youth Mental Health First Aid

Adults who work with youth ages 12 through 25 learn how to provide basic first aid to help someone experiencing a mental health problem or crisis until appropriate treatment and support are available. Please email terry.maurer@dignityhealth.org for additional information.

Wednesday, April 27, June 1

8:30 a.m. to 3:30 p.m.

ZOOM \$25.98



Volunteer Opportunities

Nevada Medicare Assistance Program



Your way through Medicare!

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.

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).

Senior Peer Counseling Volunteer Training

Support other seniors through life's challenges. What does it take to become a Senior Peer Counselor?

- Men and women age 50 or over who enjoy working with seniors
- Ability to empathize with people of differing backgrounds and beliefs
- Attend a free 51 hour, 9 week training program (provided by St. Rose)
- Commit to providing approximately 4 to 6 hours per week of volunteer counseling, including travel time and supervision, for at least one year.
- All counselors receive on-going training and supervision from licensed professionals.

Training starts May 2022 for men and women ages 50+. Call 702.616.4971 by April 25 for interview.

NLV FREE

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!



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.

Monday, April 11, 10 to 11 a.m.

Thursday, June 16, 11 a.m. to Noon

Call 702.616.4975 to register.

GV \$10

Thursday, May 5, 1 to 2 p.m.

Wednesday, June 8, 10 to 11 a.m.

Call 702.620.7800 to register.

FLAM FREE

Thursday, April 7, 2:30 to 3:30 p.m.

Tuesday, May 10, 10 to 11 a.m.

Tuesday, June 28, 11 a.m. to Noon

Call 702.620.7025 to register.

BLUE FREE

Friday, April 1, 9 to 10 a.m.

Friday, May 13, 10 to 11 a.m.

Friday, June 10, 9 to 10 a.m.

Call 702.620.7862 to register.

NLV FREE

Monday, May 16, 1:30 to 2:30 p.m.

Meeting ID: 986 4248 9483

Password: 581138

ZOOM 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. 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, April 14, 3 to 5 p.m.

Thursday, May 19, 5 to 7 p.m.

Thursday, June 16, 3 to 5 p.m.

Call 702.620.7025 to register.

BLUE FREE

Friday, April 15, 10 a.m. to Noon

Friday, May 20, 10 a.m. to Noon

Friday, June 17, 10 a.m. to Noon

Call 702.620.7862 to register.

NLV FREE

Wednesday, April 20, 9 to 11 a.m.

Wednesday, May 25, 10 a.m. to Noon

Wednesday, June 29, 3 to 5 p.m.

Call 702.620.7800 to register.

FLAM FREE



Cancer Screenings & Survivorship

Freedom from Smoking

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

Wednesdays, July 14 through September 1, 5:00 to 6:30 p.m.

HEND FREE

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.

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



Breastfeeding/Prenatal Classes

Baby Basics

Learn the basics of caring for your newborn.

April 7 & 21, 6 to 9 p.m.

May 5 & 19, 6 to 9 p.m.

June 2 & 16, 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.

April 8, Noon to 1:30 p.m.

May 13, Noon to 1:30 p.m.

June 10, Noon to 1:30 p.m.

GV \$30

Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline: 800.784.8669.

Daddy Boot Camp

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

April 9, 9 a.m. to 11 p.m.

June 18, 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.

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.

April 9 & 23, 9 a.m. to 3 p.m.

May 7 & 21, 9 a.m. to 3 p.m.

June 4 & 18, 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

Prenatal Yoga

Will help you become more resilient during and after pregnancy.

Mondays, 5 to 6 p.m.

GV FREE

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.

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

May 10, 17, 24, 6 to 9 p.m.

June 7, 14, 21, 6 to 9 p.m.

GV \$35

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 0-18. Call 702.616.4377 or email tawanda.mcintosh@dignityhealth.org to register.

Fridays, April 1, 8, 15, 22, 29 & May 6, 2:30 to 4:30 p.m.

Wednesdays, May 25 & Jun. 1, 8, 15, 22, 29, 9:00 to 11:00 a.m.

ZOOM FREE

Sing and Sign: Food Time

For parents with children ages newborn to 2 years.

Thursdays, April 7 & 21, May 5 & 19, June 2 & 16, 1 to 1:30 p.m.

WEST FREE

Tuesdays, April 5 & 19, May 3 & 17, June 7 & 21, 1 to 1:30 p.m.

GV FREE

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 consultations, and breastfeeding support. For children up to age 5 and expecting mothers. Call 702.616.4905.

GV WEST HEND 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 up to 20 percent of 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 702.721.8980.

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 702.721.8980 to learn more and to register.

2nd Tuesdays, April 12, May 10, June 14 from 11:00 a.m. to Noon
3rd Fridays, April 15, May 20, June 17 from 10:00 - 11:00 a.m.

ZOOM

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.

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

WEST FREE

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

GV FREE

HIGH Fitness (Hybrid)

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.

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

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

Meeting ID: 2306755005

No password

NLV **HYBR** FREE

Saturdays, 9:00 - 10:00 a.m.

WEST FREE

Thursdays, 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.

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 a.m to 11:30 a.m.

Thursdays: 2 to 3 p.m.

NLV Free

Call 702.620.7862 for more information.

Mondays, Wednesdays, and Fridays 1 to 2 p.m.

Meeting ID: 92469442239

Password: 641323

FLAM **HYBR** FREE

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

BLUE **HYBR** FREE

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



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 4:00 p.m.

You may also join us via zoom.

Meeting ID: 643643116

No password

NLV HYBR FREE

Tuesdays, 3 to 4 p.m.

Meeting ID: 643643116

No Password

FLAM HYBR FREE

Tuesdays and Thursdays, 1 to 2:00 p.m.

HEND FREE

Wednesdays, Fridays, 8 to 9:00 a.m.

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

Yin Yoga

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

Mondays, 10 to 11:00 a.m.

Thursdays, 10 to 11:00 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 GV \$5 per session or
five sessions for \$20

Tuesdays, Thursdays, 10 to 11 a.m.

HEND FREE

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.

GV

Mixed-Level Yoga

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

Tuesdays, 6:00 p.m. to 7:00 p.m.

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

**Mondays, Wednesdays, Fridays
8 to 9:00 a.m.**

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

Thursdays, 4 to 5:00 p.m.

Meeting ID: 98911968

No password

NLV HYBR FREE

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

Mommy & Toddler Yoga

Yoga for mommies and children from 1 to 4 years old.

Tuesdays, 1 to 2 p.m.

WEST FREE

Thursdays, 1 to 2 p.m.

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

BLUE HYBR FREE

Wednesdays, 10:00 - 11:00 a.m.

WEST FREE

Mondays, 3 - 4 p.m.

GV FREE

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

Tai Chi

Learn graceful moves for balance and relaxation.

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

WEST \$3 per session or
10 sessions for \$20

At Home with Gwen:

Mondays, 2 to 3 p.m.

Meeting ID: 4848520995

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

Zumba GOLD

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

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

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

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,

9:00 to 10:00 a.m.

Beginning April 4, 2022

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.

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 & Thursdays, 6:00 to 7:00 p.m.

HEND FREE

Tuesdays, 4 to 5:00 p.m.

Class ID: 3527 95095

No Password

FLAM HYBR FREE

UpBeat Barre (Hybrid)

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

Zumbini

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

Tuesday and Thursdays, 9:15 to 10:00 a.m.

GV FREE

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

HEND FREE

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

BLUE FREE

Tuesdays, 10 to 10:30 a.m.

WEST FREE

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

NLV FREE





ENGELSTAD FOUNDATION **R.E.D. ROSE** PROGRAM

The R.E.D Rose Program provides free breast exams, mammograms, ultrasounds, surgical consultations and biopsies and support services to women and men who lack adequate health care coverage or the financial means to obtain them. Bilingual services are available. Please call 702.620.7858 to learn more.



nevada
health link

Uninsured?? Nevada Health Link

You may qualify for a special enrollment period to get insurance if you have recently lost health coverage, moved, got married, had a baby, are adopting a child. If you qualify for a special enrollment period, you usually have up to 60 days following the event to enroll in a plan. Call 702 616-4904 to be assisted by a Certified Enrollment Counselor. *Bilingual services are available.*



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.

Monday, April 11, 11 a.m. to 12 Noon

Meeting ID: 976 8170 5108

Password: 763736

ZOOM

Tuesday, April 26, 11 a.m. to Noon

Tuesday, May 17, 1:30 to 2:30 p.m.

(In person and Zoom)

Meeting ID: 943 2274 6755

Password: 885572

Tuesday, June 14, 11 a.m. to Noon

BLUE FREE

Monday, May 9, 11 a.m. to Noon

Call 702.616.4975 to register.

GV FREE

Tuesday, April 5, 9-10 a.m.

Tuesday, May 3, 1-2 p.m.

Tuesday, June 7, 9-10 a.m.

Call 702.616.4975 to register.

SAN Alijan Room C

Monday, June 6, 4 to 5 p.m.

Meeting ID: 98595397642

Password: 818149

ZOOM



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.

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.

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 cuff. Call 702.620.7863 to learn more about the program and to enroll.

Nutrition



New Uses for Ancient Grains

Discover the health benefits of ancient grains and how to use them for modern meals. Call the location to register as space is limited.

Thursday, April 14, 11 a.m. to Noon

Call 702.620.7800 to register.

FLAM Free

Tuesday, April 19, 1 to 2 p.m.

Call 702.620.7025 to register.

BLUE Free

Thursday, April 21, 11 a.m. to Noon

Call 702.616.4975 to register.

GV Free

Wednesday, April 27, 2 to 3 p.m.

Call 702.620.7862 to register for

in-person.

Meeting ID: 92329407969

Password: 341033

NLV **HYBR** Free

The Anti-Inflammatory Diet: Hype or Helpful?

Come join our Registered Dietitian in the discussion about how to use food and lifestyle to help your body prevent and fight inflammation.

Thursday, May 19, 11 a.m. to Noon

Call 702.620.7800 to register.

FLAM Free

Monday, May 23, 11 a.m. to Noon

Call 702.620.7862 to register.

NLV Free

Tuesday, May 24, 10 to 11 a.m.

Call 702.620.7025 to register.

BLUE Free

Thursday, May 26, 2 to 3 p.m.

Call 702.616.4925 to register for

in-person.

Meeting ID: 915 2963 3693

Password: 582853

GV **HYBR** Free

All About Snacks

Get helpful tips from our Registered Dietitian on healthy and satisfying ways to snack while addressing your cravings.

Thursday, June 9, 11 a.m. to Noon

Call 702.620.7800 to register.

FLAM Free

Tuesday, June 14,

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

Call 702.620.7862 to register.

NLV Free

Wednesday, June 15, 11 a.m. to Noon

Call 702.616.4975 to register.

Meeting ID: 960 3580 1359

Password: 974801

GV **HYBR** Free

Tuesday, June 21, 11 a.m. to Noon

Call 702.620.7025 to register.

BLUE Free

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-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.

**Every Third Thursday of the Month,
5:30 to 7 p.m.**

GV FREE

Nutrition Consultations

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

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.

Thursday, April 28, 10 to 11 a.m.

Meeting ID: 952 9426 2027

Password: 510456

FLAM **HYBR** Free

Monday, May 9, 10 to 11 a.m.

Meeting ID: 975 6666 3322

Password: 319809

ZOOM

Monday, June 13, 10 to 11 a.m.

Meeting ID: 978 3487 4381

Password: 160709

ZOOM

Mejorar tu salud y tener control de peso

¿Sufre de una enfermedad crónica?, ¿está tratando de perder peso? O, ¿le interesa que usted y su familia se alimenten mejor? Únase a la discusión con una dietista, nutriologa para aprender los principios de una alimentación saludable y ayudarte a alcanzar tus metas. Para obtener más información o para registrarse, llame a Wilma Herrera al 702-620-7860

Miércoles, 4 de Mayo 4 to 5 p.m.

Meeting ID: 948 9418 1985

Password: 241230

ZOOM GRATIS

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

Wellness

AARP Smart Driver Program

Reduce your car insurance rates; \$20 for members, \$25 for nonmembers (checks only, made out to AARP). No exams required!

Wednesday, April 13, May 11, June 8, 9 a.m. to 1 p.m.

Wednesday, April 20, May 18, June 15, 1 to 5 p.m.

Chronic Pain Self-Management Program

Put life back into your life! This six-week, one hour long program over the phone will teach you about the mind-body connection, dealing with difficult emotions and more! For more information or to register please call Victoria Alejandre at 702-616-4932.

Tuesday, April 5 through May 10, 10 to 11 a.m.

ZOOM FREE

Wednesday, May 18 through June 22, 4 to 5 p.m.

ZOOM FREE

Tuesday, May 23 through June 27, 2 to 3 p.m.

ZOOM FREE

Communication through Sign Language

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

Thursdays, May 5, 12, 19, 3:45 to 5 p.m.

GV FREE

Thursday, June 2, 9, 16, 3:45 - 5 p.m.

WEST 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 702.616.4971.

Senior Nutrition Program

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

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, April 14 & 28, May 12 & 26, June 9 & 23, 11:30 a.m. to 1:30 p.m.

WEST FREE

First and third Mondays, April 4 & 18, May 2 & 16, June 6 & 20, 9 to 11:00 a.m.

FLAM FREE

Second Thursdays and fourth

Wednesdays, 10 a.m. to 12 p.m.

GV FREE

Safesitter

Youth ages 11 to 16 learn safe, nurturing child care techniques and medical emergency management.

Friday, June 17, 9 a.m. to 3:30 p.m.

BLUE \$20, includes lunch

Healthcare Decisions - Learn more about Advance Directives

Join St. Rose Dominican's Spiritual Care team to learn about your health care choices. Documents needed to complete your Nevada Advance Directive will be available at no cost. Refreshments will be served. Call 702.616.4912 to learn more.

Thursday, May 26, 2022, 11 a.m. to 12:30 p.m.

HEND FREE

Relax and Paint

Join us for an evening of creativity as we paint.

Wednesday, May 18, 5:30 to 7:30 p.m.

Registration required; prepay materials fee.

GV \$5

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, April 7, May 5, June 2 1 to 2 p.m.

GV FREE

Medicare Assistance Program (MAP)

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

Powerful Tools for Caregivers

Caring for a loved one? This FREE, six-week 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.

Mondays, April 4 - May 9, 1:30 - 3:00 p.m.

GV HYBR

Fridays, April 8 - May 13, 2 to 3:30 p.m.

HEND HYBR

Mondays, April 18 - May 23 (SPA), 5:30 to 7 p.m.

Wednesdays, April 20 - May 25 (SPA), 5:30 to 7 p.m.

ZOOM FREE

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, April 6, May 4, and June 1 5:30 to 6:30 p.m.

GV FREE

Medicare 101

Decipher the Medicare maze and maximize your benefits.

Thursday April 7, 10 to 11:30 a.m.

Meeting ID: 95496505903

Password: 138584

GV FREE

Stepping On: Fall Prevention Program

Did you know that 1 out of 3 people 65 and older falls each year? Learn to prevent serious injuries like hip fractures in this seven-week class. Call 702.616.4922 to register.

Fridays, April 22, 2022 through June 3, 9:30 to 11:30 am

GV FREE

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.

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

Positive Self-Management Program

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 702.620.7025 to learn more about the program.

Must be Ryan White Part A Eligible

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 Third Wednesdays, Monthly, 6 to 8 p.m.

Bariatric Surgery Support

GV Third Thursdays, Monthly 5:30 to 7 p.m.

Bereavement Support

SAN 2nd and 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 12 p.m.

Caregiver Support

GV 2nd and 4th Tuesdays 2:30 p.m.
ZOOM 3rd Tuesday 4:30 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

GV First 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.

Mommy Care Club

1 in 7 women suffer from Postpartum Depression, we are here to support you in your motherhood journey. Call 702.616.4377.

HEND Mondays, Noon to 1 p.m.
WEST Wednesdays, Noon to 1 p.m.
BLUE Thursdays, 10 to 11 a.m.
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 First & Third Tuesdays, 2:30 to 4 p.m.

SMART Recovery for all Addictions

GV Thursdays; 6 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 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

HEND WomensCare/Outreach Center

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

ZOOM ZOOM (virtual)

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

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 (0322)

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.