

Reach

Together in health and happiness

Summer 2022



HOW TO REGISTER

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

Healthy Aging

September is Healthy Aging Month. Our Community Wellness Centers offer classes and support to help older adults live healthier and longer lives.

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 702.616.4912 to register.

Wednesdays, August 17 through September 28, 9:30 to 11:30 a.m.

FLAM FREE

Senior Nutrition Program

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



Medicare Assistance Program (MAP)

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

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

Chronic Pain Self-Management Program

Discover ways to live a happier and healthier lifestyle with less pain. This program will help you strengthen your mind and body connection, exercise movement to ease pain, positive thinking, stress management, and so

much more! Available in Spanish. Call 702.620.7862 to learn more and find our upcoming schedule

Let's Slow Down Dementia with Cognitive Stimulation Therapy

Call 702.616.4922 by August 15 to register.

Tuesdays & Thursdays starting August 30 through October 13, at 9:45 or 11 a.m.

GV FREE

CST Maintenance Group weekly.

Mondays at 11 a.m. beginning September 12.

GV FREE

Call 702.616.4922 by August 15 to register.

Tuesdays & Thursdays, 2 p.m. starting August 30 through Oct 13.

WEST FREE

Monday & Thursday 11 a.m. starting August 29 through October 13.

NLV FREE

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.

July 7, 1 to 2 p.m.

Call 702.620.7800 to register.

FLAM FREE

Tuesday, July 12, 10 to 11 a.m.

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

Tuesday, September 20, 1 to 2 p.m.

Call 702.616.4975 to register.

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August 1, 11 a.m. to Noon

Call 702.620.7862 to register.

NLV FREE

Tuesday, August 2, 11 a.m. to Noon

Call 702.620.7025 to register.

BLUE FREE

Monday, August 15, 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 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 monitor. Call 702.620.7863 to learn more about the program and to enroll.

Healthy Hearts Club

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

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, July 8, 10 to 11 a.m.

Meeting ID: 988 0527 6376

Password: 080024

ZOOM FREE

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

Monday, August 15, 3:30 to 4:30 p.m.

Call 702.616.4975 to register.

GV \$10

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

Wednesday, September 14, 1 to 2 p.m.

Call 702.620.7800 to register.

FLAM FREE

Tuesday, August 9, 1 to 2 p.m.

Call 702.620.7025 to register.

BLUE FREE

Friday, September 9, 10 to 11 a.m.

Call 702.620.7862 to register.

NLV FREE

Thursday, September 22, 11 a.m. to Noon

Meeting ID: 961 9988 7528

Password: 170276

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.

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Medication Therapy Management

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

Responsible Early Detection

- Free Breast Health Services
- Financial Assistance

For more information:
call 702.620.7858
StRoseHospitals.org/RedRose



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 are available; please call 702.616.4975 for details. Physician referral and individual visit required prior to class.

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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, July 21, 1 to 3 p.m.

Call 702.620.7025 to register.

BLUE FREE

Wednesday, August 3, 10 a.m. to Noon

Call 702.620.7800 to register.

FLAM FREE

Friday, September 16, 10 a.m. to Noon

Call 702.620.7862 to register.

NLV Free



Cancer Screenings & Survivorship

Freedom from Smoking

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

Tuesdays, 3:00 to 4:00 p.m.

WEST 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.

July 7, 21, August 4, 18,
September 8, 22, 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.

July 15, Noon to 1:30 p.m.
August 12, Noon to 1:30 p.m.
September 9, Noon to 1:30 p.m.
GV \$30

Daddy Boot Camp

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

August 13, 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.

July 9, 23, 9 a.m. to 3 p.m.
August 6, 20, 9 a.m. to 3 p.m.
September 10, 24, 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.

August 9, 16 & 23, 6 to 9 p.m.
September 6, 13 & 20, 6 to 9 p.m.
October 4, 11 & 18, 6 to 9 p.m.
GV \$35

Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline: 800.784.8669.



My Baby App

Download Dignity Health's My Baby App from the App Store or Google Play to track pregnancy milestones, identify symptoms, and connect to services for a healthier pregnancy.

Infants, Children & Parenting

Parenting the Love and Logic® Way

Would you like to put the fun back in parenting? Learn helpful and easy tips so you can parent without breaking a sweat. Parents and caregivers of children ages 0-18. Call 702.616.4377 or email tawanda.mcintosh@dignityhealth.org to register.

Mondays, July 11, 18, 15,
August 1, 8, 15,
2:30 to 4:30 p.m.
ZOOM FREE

Sing and Sign: Food Time

For parents with children ages newborn to 2 years.

Thursdays, July 7 & 21, August 4 & 18,
September 1 & 15,
1 to 1:30 p.m.
WEST FREE
Tuesdays, July 5 & 19, August 2 & 16,
September 6 & 22,
1 to 1:30 p.m.
GV FREE

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 (Green Valley), 702.616.4378 (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.

GV WEST HEND

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 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, July 12, August 9, September 13 from 11 a.m. to Noon
3rd Fridays, July 15, August 19 from 10 to 11 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.

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

GV FREE

HIGH Fitness

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

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

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

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

Meeting ID: 2306755005

No password

NLV **HYBR** FREE

Saturdays, 9 to 10 a.m.

WEST FREE

Thursdays, 8:30 to 9:30 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.

FLAM **HYBR** FREE

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

BLUE **HYBR**

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.

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 a.m.

Thursdays, 10 to 11 a.m.

Meeting ID: 96493031685

Password: Wellness

ZOOM FREE

Gentle Yoga

Gain flexibility and balance.

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

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

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

Tuesdays (Zoom), 9 to 10 a.m.

BLUE HYBR ZOOM FREE

Tuesdays, Thursdays, 10 to 11 a.m.

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

Tuesdays, Thursdays, 10 to 11 a.m.

HEND FREE

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.

Please call 702.616.4902 for the Zoom link.

ZOOM

Mixed-Level Yoga

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

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

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

Tai Chi

Learn graceful moves for balance and relaxation.

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

Meeting ID: 4848520995

ZOOM FREE

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

Mommy & Baby Yoga

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

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

BLUE FREE

Wednesdays, 10 to 11 a.m.

WEST FREE

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 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 702.620.7862.

Tuesdays from 11:30 a.m. to 12:30 p.m. and Thursdays from 1 to 2 p.m.

NLV

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: 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

ZOOM

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 702.616.4902. 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 to 7 p.m.

HEND FREE

Tuesdays, 4 to 5 p.m.

Class ID: 3527 95095

No Password

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

UpBeat Barre

A low impact fitness class that fuses strength training, Ballet, Yoga, and Pilates with popular music to create a sweaty, fun and balanced workout with varying levels of intensity designed to include everyone.

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

BLUE FREE

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

Tuesdays, 6 to 7 a.m.

GV FREE

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

FLAM FREE

Zumbini

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

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

GV FREE

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

HEND FREE

Thursdays, 10:15 to 11 a.m.

WEST FREE

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

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

BLUE FREE

Tuesdays, 10 to 10:45 a.m.

FLAM FREE

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

Wednesdays, 11 to 12 p.m.

NLV FREE

Surge Strength

Targeted, high-rep weight training class 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



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.

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.

**Thursdays, July 21 - August 25,
2 to 3:30 p.m.**

GV HYBR FREE

We welcome the caregivers of "Let's Slow Down Dementia" participants to join us for 1 hour of self-care and empowerment.

**Tuesdays, August 30 - October 11,
11 a.m. to Noon**

GV FREE



Volunteer Opportunities

Medicare Assistance Program (MAP) Training

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

Helping Hands

Our organization needs dependable and compassionate volunteers to provide transportation or deliver food to seniors who live in Henderson. Can you spare one morning or afternoon a few days each month? Please call 702.616.6554 to become a volunteer with Helping Hands of Henderson!

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 September 2022 for men and women ages 50+. Call 702.616.4922 by August 26 for interview. Required group interview.

August 29

NLV FREE



Nutrition



Avocados and Other Fabulous Fatty Foods

Come join our Registered Dietitian in exploring creative and delicious ways to incorporate avocados and other healthy fats into your daily diet. Class includes tastings, take home recipes and kitchen tools.

Thursday, July 21, 10 to 11 a.m.

Call 702.616.4975 to register.

GV FREE

Monday, July 25, 11 a.m. to Noon

Call 702.620.7862 to register for in-person.

NLV FREE

Tuesday, July 26, 10 to 11 a.m.

Call 702.620.7025 to register for in-person.

Meeting ID: 94469934717

Password: 140224

BLUE HYBR FREE

Wednesday, July 27, 10 to 11 a.m.

Call 702.620.7800 to register.

FLAM 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.

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

GV FREE

The Plant Based Diet - Starting from the Ground Up

Whether you're just curious or ready to begin today, the benefits of Plant Based eating are the latest eating trend. Learn the How To's as well as the science supporting the Plant Based Diet in this interactive class led by our Registered Dietitian.

Wednesday, August 10, 11 a.m. to Noon

Call 702.620.7800 to register.

FLAM FREE

Thursday, August 18, 11 a.m. to Noon

Call 702.616.4975 to register for in-person.

GV FREE

Monday, August 22, 11 a.m. to Noon

Call 702.620.7862 to register.

NLV FREE

Tuesday, August 30, 11 a.m. to Noon

Call 702.620.7025 to register for in-person.

Meeting ID: 96682751470

Password: 660863

BLUE HYBR FREE

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.

July 14, 11:30 a.m. to 12:30 p.m.

FLAM FREE

Monday, August 8, 10 to 11 a.m.

Meeting ID: 97571432473

Password: 487854

ZOOM FREE

Lower Your Sodium Intake Without Skipping a Beat

Learn the tips and tricks to eating less sodium and incorporating more health and flavor into your everyday eating. Come join this interactive class led by our Registered Dietitian.

Tuesday, September 13, 10 to 11 a.m.

Call 702.620.7025 to register.

BLUE FREE

Wednesday, September 14, 3 to 4 p.m.

Call 702.620.7800 to register.

FLAM FREE

Tuesday, September 20, 2 to 3 p.m.

Call 702.620.7862 to register.

NLV FREE

Thursday, September 29, 11 a.m. to Noon

Call 702.616.4975 to register.

Meeting ID: 97015385012

Password: 154967

GV HYBR FREE

Nutrition Consultations

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

Weight-Loss Surgery Program

Interested in weight loss surgery or how to get started? Watch our overview video here: NWWeightloss.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.

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

Wellness



Communication through Sign Language

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

**Thursdays, August 4, 11, 18,
3:45 to 5 p.m.**

GV FREE

**Thursdays, September 1, 8, 15,
3:45 to 5 p.m.**

WEST 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!

**Thursdays, July 14 & 28, August 11 & 25, September 8 & 22,
11:30 a.m. to 1:30 p.m.**

WEST FREE

**1st and 3rd Mondays, July 18, August 1 & 15, September 5 & 19,
9 to 11:00 a.m.**

FLAM FREE

**2nd Thursdays and 4th Wednesdays,
10 a.m. to 12 p.m.**

GV FREE

Medicare 101

Decipher the Medicare maze and maximize your benefits.

Tuesday July 12, 10:00 to 11:30 a.m.

Meeting ID: 95496505903

Password: 138584

GV FREE

Senior Nutrition Program

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

AARP Smart Driver Program

Reduce your car insurance rates; \$20 for members, \$25 for nonmembers (checks only, made out to AARP). No exams required! Call 702.616.4902 to register.

**July 13, August 10,
September 14, 9 a.m. to 1 p.m.**

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, July 7, August 4,
September 1, 1 to 2 p.m.**

GV 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, July 6, August 3, and
September 7, 5:30 to 6:30 p.m.**

GV FREE

Fruit and Vegetable Prescription Program

Eating fruits and vegetables on a daily basis is important in maintaining good health and managing chronic conditions, such as diabetes, high blood pressure, high cholesterol, cancer, etc. If you have a chronic condition and are experiencing difficulty in getting food, you may qualify to receive a "prescription" of fresh produce delivered right to your door! Call 702.616.4929 to learn more and to see if you qualify.

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.

**July 29, August 5, 31, September 30
9 a.m. to 4 p.m.**

ZOOM \$24.95

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.

**Wednesdays, July 8, August 18,
September 9**

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

ZOOM \$24.95

Nevada Health Link

Uninsured? 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.

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.*

A Better U!

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

U=U Game Night

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

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.

Bariatric Surgery Support

GV 3rd 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.

Compassionate Friends (TCF) support group for parents, grandparents, and siblings who have lost a child of any age, any cause.

HEND 2nd Tuesdays 4 to 6 p.m.

Diabetes Support

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

Narcotics Anonymous

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

Prostate Cancer Support Group

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

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 Wednesdays, 10:30 to 11:30 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 1st & 3rd 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 (0622)

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.