

# Reach

Together in health and happiness

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Spring 2024

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## HOW TO REGISTER

To register for classes, visit [StRoseHospitals.org/Classes](https://StRoseHospitals.org/Classes) or call 702.616.4900.

# Mental Health

May is Mental Health Awareness Month. Community Wellness will be hosting several classes focusing on 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.

**ZOOM** June 12, 9:00 a.m. to 4:00 p.m.  
\$24.95

## Youth Mental Health First Aid

**ZOOM** \$24.95

## Powerful Tools for Caregivers

Caregiving for a loved one can be a big responsibility. Join this workshop for caregivers to learn about self-care strategies and techniques to increase relaxation and reduce stress.

For more information and to register, please call 702.616.4918.

**GV** Tuesdays & Thursdays,  
April 2 through May 16,  
11:15 a.m. to 12:15 p.m.  
FREE

## Let's Slow Down Dementia with Cognitive Stimulation Therapy

**GV** Tuesdays & Thursdays,  
April 2 through May 16,  
11:15 a.m.  
FREE

Additional classes may be available, based on demand at San Martín and

North Las Vegas) Maintenance group: (pre-requisites/screening required)

**Mondays, 11 a.m.**

**Thursdays, 1 p.m.**

Call 702.616.4919 to register.

## Herramientas Poderosas para Cuidadores

¿Cuida de un ser querido? Este programa GRATIS, basado en evidencia, lo capacita para cuidar de usted mismo mientras cuida a alguien más.

Al cuidar su propia salud y bienestar, se convierte en un mejor cuidador. Permítanos enseñarle cómo llenar de vida su vida. Por favor llame al 702.592.6719 para registrarse.

**ZOOM** GRATIS

## Medicare Assistance Program (MAP)

Do you have Medicare? Have questions? Do you have the right coverage? Do you need help with the costs? MAP offers local free, unbiased, one-on-one counseling to people with Medicare, their families, and caregivers.

Call 702.616.4926 for assistance.

Nevada Medicare Assistance Program



Your way through Medicare!

HHS Grant or Cooperative Agreement is NOT funded with other non-governmental sources: "This program is supported by the Administration for Community Living (ACL), U.S.

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# 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.

## Medicare 101

Decipher the Medicare maze and maximize your benefits.

**FLAM** Monday, April 15,  
11:30 a.m. to 1 p.m.  
FREE

**GV** Tuesday, May 15, 2 to 3:30 p.m.  
FREE

**HEND** Monday, June 17, 2 to 4 p.m.  
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!



# Wellness

## Chronic Pain Self-Management Program

Put life back into your life! Learn techniques to better cope with arthritis, neck pain, back pain, or any muscle pain. You'll find comfort and ease through this six-week program. We'll teach you about the mind-body connection, coping with difficult emotions, stress management and more! Call 702.616.4932 for more information on a workshop near you.

## Chronic Disease Self-Management Program

Do you want to better manage your overall health while living with a chronic condition? This six-session program will cover topics that include improving your eating habits, ways to be more active, sparking positive thinking, achieving realistic goals, and more! Call 702.616.4932 for more information on a workshop near you.

## Senior Pathways Program 65+

Free Comprehensive Care Coordination for low-income Seniors. Community Health Workers (CHWs) support at-risk Seniors to coordinate their care and connect them to community resources to meet their health, behavioral and social needs. For more information call 702.616.4922 or email [julie.tousa@dignityhealth.org](mailto:julie.tousa@dignityhealth.org).

## 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.

## Senior Nutrition Program

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

## Communication through Sign Language

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

**WEST** Thursdays, May 9, 16, 23,  
3:45 to 5 p.m.  
FREE

**GV** Fridays, June 7, 14, 21,  
3:45 to 5 p.m.  
FREE

## Talk with a Senior Peer Counselor

Senior Peer Counselors help peers age 50+ to work through life's challenges like:

- sadness and loneliness
- stress
- health issues
- retirement and lifestyle changes
- relationship concerns
- caregiving for aging parents
- loss and bereavement

To participate call 702.616.4922.

## Knit to Heal Prayer Shawls

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

**WEST** Thursdays, April 11 & 25,  
May 9 & 23, June 13 & 27,  
11:30 a.m. to 1:30 p.m.  
FREE

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

## Stop the Bleed

St. Rose Dominican is offering "Stop the Bleed" training for the public — lifesaving skills people can use to quickly stop an injury's heavy bleeding while waiting for emergency responders to arrive.

**GV** Wednesdays, April 3, May 1,  
June 6, 5:30 to 6:30 p.m.  
FREE

## Stepping On: Fall Prevention Program

Did you know that 1 out of 4 people 65 and older falls each year? Learn of ways to decrease your risk of falls through this 7 week workshop. Call 702.616.4912 to learn more.

**GV** Fridays, May 10 through June 28  
(No class 5/24), 10 a.m. to Noon



## Relax and Paint

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

**GV** May 29, 5:30 to 7:30 p.m.  
\$10 per session

**WEST** June 11, 6 to 8 p.m.  
\$10 per session

## Safe Sitter

**Saturday May 11, 9 a.m. to 3:30 p.m.**  
\$25 lunch included please call 702.616.4902 to register.

## The Mats Project

Looking for volunteers to join this group in upcycling plastic bags that are salvaged into eco-friendly sustainable sleeping mats for those experiencing homelessness. Please email [merrimedley@crochetclass.org](mailto:merrimedley@crochetclass.org) or call 702.620.7862 for more information.

**NLV** Mondays, Weekly, 3 to 7 p.m.  
**FLAM** 2nd & 4th Thursdays, Monthly,  
1 to 3 p.m.

# Nutrition

## HDL Raising and LDL Lowering Workshop

If you need to improve your cholesterol learn how to change the way you eat. Information provided include meal planning tips and sampling of quick and easy to prep meals.

**GV Thursday, April 18, 3 to 4 p.m.**

Call 702.616.4975 to register.

FREE

**BLUE Tuesday, April 23, 11 a.m. to Noon**

Call 702.620.7025 to register.

FREE

**FLAM Wednesday, April 24, 1 to 2 p.m.**

Call 702.620.7800 to register.

FREE

**NLV Thursday, April 25,**

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

Call 702.620.7862 to register.

FREE

## Nutrition Seminar: Heart Healthy Eating for Life

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

**BLUE Thursday, April 16, 11 a.m. to Noon**

Call 702-620-7025 to register.

FREE

**FLAM Wednesday, April 17, 10 to 11 a.m.**

Call 702-620-7800 to register.

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.

**NLV HYBR Friday, April 19, 1 to 2 p.m.**

Call 702.620.7862 to register.

Meeting ID: 93723241227

Passcode: 472852

FREE

**NLV HYBR Friday, May 24, 11 a.m. to Noon**

Call 702.620.7862 to register.

Meeting ID: 94645678973

Passcode: 630094

FREE

**FLAM Wednesday, May 29, 10 to 11 a.m.**

Call 702-620-7800 to register.

FREE

**BLUE Thursday, May 30, 1 to 2 p.m.**

Call 702-620-7025 to register.

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## Nutrition Consultations

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

## 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.

**FLAM Wednesday, June 26, 10 to 11 a.m.**

Call 702.620.7800 to register.

FREE

**BLUE Thursday, June 27, 1 to 2 p.m.**

Call 702.620.7025 to register.

FREE

**NLV HYBR Friday, June 28, 11 a.m. to Noon**

Call 702.620.7862 to register.

Meeting ID: 92082119141

Passcode: 456420

FREE

## Pros and Cons of Protein - How Much is Right for Me?

Explore animal and plant based proteins - discover what research says about how much and what kind is right for you. Taste our samples for yourself!

**FLAM Wednesday, June 12, 1 to 2 p.m.**

Call 702.620.7800 to register.

FREE

**GV Thursday, June 13, 11 a.m. to Noon**

Call 702.616.4975 to register.

FREE

**BLUE Tuesday, June 18, 1 to 2 p.m.**

Call 702.620.7025 to register.

FREE

**NLV Thursday, June 20, 12:30 to 1:30 p.m.**

Call 702.620.7862 to register.

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

## Swaps and Subs for Better Health

Learn the secrets to making your favorite foods healthier and yummy with swaps and substitutes. Sample and taste our dietitian's favorites.

**BLUE Tuesday, May 14, 1 to 2 p.m.**

Call 702-620-7025 to register.

FREE

**NLV Thursday, May 16 12:30 to 1:30 p.m.**

Call 702.620.7862 to register.

FREE

**GV Tuesday, May 21, 3 to 4 p.m.**

Call 702-616-4975 to register.

FREE

**FLAM Wednesday, May 22, 1 to 2 p.m.**

Call 702-620-7800 to register.

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 a comfortable and caring space to share our experiences.

To view the most up-to-date schedule of support group dates, times, and locations, please visit NVWeightLoss.org and register to join any of our upcoming sessions.



Many classes require registration. Register online at [StRoseHospitals.org/Classes](https://StRoseHospitals.org/Classes).





# 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.

**NLV HYBR** **Friday, April 19, 9 to 10 a.m.**  
Call 702.620.7862 to register.  
Meeting ID: 95232724431  
Password: 587674  
FREE

**GV** **Monday, April 22, 1 to 2 p.m.**  
Call 702.616.4975 to register.  
\$10

**FLAM** **Wednesday, May 15, 9 to 10 a.m.**  
Call 702.620.7800 to register.  
FREE

**BLUE** **Thursday, June 13, 1 to 2 p.m.**  
Call 702.620.7025 to register.  
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 or to register, please call 702.616.4975.

## On the Road to Better Managing Your Diabetes Conversation Map

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

**FLAM** **Wednesday, April 10, 10 a.m. to Noon**  
Call 702.620.7800 to register  
FREE

**NLV** **Friday, May 17, 1 to 3 p.m.**  
Call 702.620.7862 to register.  
FREE

**BLUE** **Thursday, June 20, 1 to 3 p.m.**  
Call 702.620.7025 to register.  
FREE

## 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.

## 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.



Many classes require registration. Register online at [StRoseHospitals.org/Classes](https://StRoseHospitals.org/Classes).

# Heart & Stroke Programs

## Eat Heart Smart for Life

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

**GV Monday, May 6, 9 to 10 a.m.**

Call 702.616.4975 to register.  
FREE

## Healthy Heart Program

This 4-week series is designed to boost your confidence in managing heart disease. Get access to customized classes and one on one consultations with a Registered Dietitian! For more information or to register, please call or email Angel Garcia at 702.616.4929 [angel.garciasaavedra@dignityhealth.org](mailto:angel.garciasaavedra@dignityhealth.org).

## Buena Salud Para un Corazón Sano

Aprenda consejos prácticos para mantener un corazón saludable, y reducir el riesgo de enfermedades cardiovasculares como el colesterol alto y la presión alta en este taller de 4 sesiones. Próxima fecha aún por ser determinada. Para más información llame a 702.616.4929 or envíe un correo electrónico a [angel.garciasaavedra@dignityhealth.org](mailto:angel.garciasaavedra@dignityhealth.org).

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

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

**Blue Diamond** - 702.620.7025

**North Las Vegas** - 702.620.7862

**West Flamingo** - 702.620.7800

# Pregnancy & Childbirth

## Car Seat Safety Checks

Call 702.616.4902 for an appointment.

**BLUE GV WEST HEND** FREE

## Text4Baby

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

## 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](http://nvmch.org) or call 775.553.8024.

## Perinatal Mental Health Disorders (PMHD) Training

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

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

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

**June 5, 10 to 11 a.m.**

FREE

## FREE Birth Center Tours

**Siena Campus:**  
Thursday evenings



Register at  
[StRoseHospitals.org/classes](http://StRoseHospitals.org/classes).

**Many classes require registration. Register online at [StRoseHospitals.org/Classes](http://StRoseHospitals.org/Classes).**

# Breastfeeding/Prenatal Classes

## Baby Basics

Learn the basics of caring for your newborn.

**GV** April 4 & 18, May 2 & 16,  
June 7 & 21, 6 to 9:30 p.m.  
\$30

## Breastfeeding

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

**GV** April 12, May 3, June 7, 9 to 11 a.m.  
\$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.

**GV** Wednesday, May 15, 6 to 8 p.m.  
Saturday April 13 & June 8,  
9 a.m. to 11 a.m.  
\$20

## New Mommy Mixer

Mix and mingle with other new moms and their babies in this fun atmosphere.

**HEND** Tuesdays, 11 a.m. to Noon  
FREE

**GV** Fridays, 11 a.m. to Noon  
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.

**GV** April 6 & 20, May 4 & 18,  
June 1 & 15, 9 a.m. to 3 p.m.  
\$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.

**GV** April 2, 9, 16, May 7, 14, 21,  
June 4, 11, 18, 6 to 9 p.m.  
\$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.

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

## Sing and Sign: Food Time

For parents with children ages newborn to 2 years.

**WEST** Thursdays, April 4 & 18,  
May 2 & 16, June 6 & 20,  
1 to 1:30 p.m.  
FREE

**WEST** Saturdays, April 13, May 11,  
June 8, 1 to 1:30 pm.  
FREE

**GV** Tuesdays, April 2 & 16,  
May 7 & 21, June 4 & 18,  
1 to 1:30 p.m.  
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 education, and breastfeeding support. For children up to age 5 and expecting mothers. Call 702.616.4905 (Henderson) or 702.616.4910 (Las Vegas) Need help? If you have difficulty understanding English or have a disability, free language assistance or other aids and services are available upon request. Please let WIC staff know or contact your local WIC Clinic. This institution is an equal opportunity provider.

## Parenting the Love and Logic Way

Would you like to put the fun back in parenting? Learn helpful and easy tips so you can parent without breaking a sweat. Parents and caregivers of children ages 6 mo to 18. Email [tawanda.mcintosh@dignityhealth.org](mailto:tawanda.mcintosh@dignityhealth.org) to register.

**ZOOM** Mondays, May 6, 13, 20, 27,  
June 3rd, 1:30 to 3:30 p.m.  
\$50 includes workbook

## Happiest Baby on the Block

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

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



# Screenings & Survivorship

## Freedom from Smoking

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

## Mammograms

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

## Health Screenings

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

**GV** April 18, 7 to 10 a.m.



nevada  
health link

## Dignity Health Connecting You to Health Insurance Options

Looking to enroll in affordable health insurance? Recent life changes (such as losing health insurance or Medicaid, changes in job or income, or changes in marital status) may qualify you for a Special Enrollment Period, during which you can enroll in coverage. Nevada Health Link is available to help with any loss of coverage.

Contact one of our Certified Enrollment Counselors today for assistance at 702.616.4904 or [nevadahealthlink@dignityhealth.org](mailto:nevadahealthlink@dignityhealth.org).

# Support Groups

*All support groups are free of charge.*

## 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

2nd Thursday, Monthly, 11 a.m. to Noon

Dignity Health Rehabilitation Hospital

## R.E.D. Rose Support Group - Bilingual

**NLV** 3rd Monday, 10:30 a.m. to Noon (Spanish)

**NLV** 3rd Friday, 10:30 a.m. to Noon (English)

## Caregiver Support

**GV** Mondays, 11 a.m. Thursdays, 1 p.m.

**NLV** Para información en Español, llame al 702.624.3134.

## Compassionate Friends (TCF)

Support group for parents, grandparents, and siblings who have lost a child of any age, any cause.

**HEND** 2nd Tuesdays, 4 to 6 p.m.

## Diabetes Support Group

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

**NLV** April 26, Noon to 1 p.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-5 women suffer from Postpartum Depression. We are here to support you in your motherhood journey. Call 775.553.8024 to register.

**GV** Fridays, Noon to 1 p.m.

## 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

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

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

## Women's HIV Support Group

Support group meeting bimonthly, open to all women including transgendered women.

**NLV** 2nd & 4th Fridays, 10 a.m. to Noon

## 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. Call 775.553.8024 to register.

**WEST** Wednesdays, Noon to 1 p.m.

## Shining Stars Women's HIV Support Group

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

**NLV** Every 2nd and 4th Friday of the month, 10 a.m. to Noon

## Spanish HIV Support Group

El Grupo de Apoyo es un poderoso recordatorio de que todos estamos juntos en esto. Crear un sentido de comunidad donde todas las voces sean escuchadas, respetadas y valoradas. *Debe ser eligible para Ryan White Parte A.* 702.620.7025.



# Ryan White Programs (HIV)

## A Better U!

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

*Must be Ryan White Part A Eligible.*

**NLV** May 2, 9, 16, 23, 30, June 6,  
3:30 to 4:30 p.m

## ¡Tu Mejor Versión!

El cambio comienza por dentro. Participe en nuestro programa de autogestión positiva mejorado. Este taller de 6 semanas lo ayudará a retomar el camino para llevar un estilo de vida más saludable, buscar un sistema de apoyo y adquirir una mejor perspectiva sobre la vida. Por favor llame a 702.620.7025 para mas informacion. *Debe ser elegible para Ryan White Parte A.*

**NLV** May 1, 8, 15, 22, 29 y 5 de Abril  
6:30 to 7:30 p.m.

## U=U Game Night

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

**NLV** Last Wednesday of the month,  
April 24, May 29, June 26, July 31,  
6:00 to 8:00 p.m.

## Shining Stars 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.

**NLV** 2nd & 4th Fridays, Monthly,  
10 a.m. to Noon

## Medical Case Management

Medical Case Management provides eligible clients access to a range of client-centered services that link them with Health Care, Medical Nutrition Therapy and other services. These services focus on treatment adherence, access to treatment options, and social support. Contact 702.620.7025 to schedule an assessment.

## Ryan White Eligibility

Are you living as an HIV+ person with little to no resources? Call us today to enroll in the Ryan White Program! Get access to many core medical & support services including: Food assistance programs, dental services, emergency financial assistance, transportation assistance and more! Call today for eligibility 702.620.7025.

## Fresh to U Food Bank

In need of food assistance? Our food bank offers shelf stable food, well balanced nutritious food bags selected by a dietitian. Food items are ready to eat, and require very little preparation. Bags can be picked up at 3 convenient locations or delivered to you! Personal care products are also available. Do not hesitate to call 702.620.7025. *Must be Ryan White Part A Eligible.*

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

The H.B.T.C Program can help you understand how to navigate and maximize your health insurance to best fit your health care needs. Work in partnership with our H.B.T.C Coaches to find providers and empower you to take full advantage of your health benefits. H.B.T.C classes are also available. Call 702.620.7025 to learn more about the program and class location.

*Must be Ryan White Part A Eligible.*

**NLV** Every 2nd Wednesday of  
the month April 10, May 8,  
June 12, July 10, 5:30 to 6:30 p.m.



Many classes require registration. Register online at [StRoseHospitals.org/Classes](https://StRoseHospitals.org/Classes).

# Ryan White Programs (HIV)

## Flip the Script

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

**Mondays, April 22, May 20, June 24, July 22, 2 to 3 p.m.**

**NLV HYBR**

## Positive Lifestyle and Nutrition Program

Our individualized program helps you manage and reduce HIV-related complications and hospitalizations. Work together with our Registered Dietitians and be empowered in improving your health and lifestyle! Call for eligibility 702.620.7025.

## Fitness

### Bingocize®

This fun, familiar, and unique edition of bingo combines a bingo-like game with exercise. Bingocize® has been shown to increase older adults' functional fitness, health knowledge, and social engagement in a variety of settings.

**GV Thursdays, 2:30 to 3:30 p.m.**  
FREE

### HIGH Fitness

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

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

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

**BLUE HYBR Thursdays, 9:30 to 10:30 a.m.**  
Meeting ID: 928 438 7773  
FREE

### High Fitness and High Yo

This Yoga inspired class incorporates stretching, strength and balance to help you take care of your body, prevent injuries, and maintain overall good health!

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

### Walking Club

Meets at Discovery Park

**GV Tuesdays & Thursdays, 8:30 a.m.**  
FREE

### Surge Strength

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

**NLV HYBR Wednesdays, 9:30 to 10:30 a.m.**  
Meeting ID: 2306755005  
No password  
FREE

### Surge Fit

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

**NLV HYBR Thursdays, 9:30 to 10:30 a.m.**  
Meeting ID: 2306755005  
No password  
FREE

### Enhance Fitness

Exercise group programs help older adults at all levels of fitness become more active, energized, and empowered to sustain independence.

**GV Mondays, Wednesdays, and Fridays, 9 to 10 a.m.**  
**Wednesdays, 10 to 11 a.m.**  
**Tuesdays, Thursdays, 8 to 9 a.m.**  
**Tuesdays, Thursdays, 1:15 to 2:15 p.m.**  
Meeting ID: 2662794587  
FREE

**WEST Mondays and Wednesdays, 1:30 to 2:30 p.m.**  
**Tuesdays, 9:45 to 10:45 a.m.,**  
**Thursdays, 8:30 to 9:30 a.m.**  
FREE

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

**NLV Thursdays, 1:30 to 2:30 p.m.**  
Call 702.620.7862 for more information.  
FREE

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

Many classes require registration. Register online at [StRoseHospitals.org/Classes](https://StRoseHospitals.org/Classes).

### UpBeat Barre

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

**BLUE HYBR** Mondays, 9:30 to 10:30 a.m.

Meeting ID: 928 438 7723

FREE

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

FREE

### Zumbini

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

**GV** Tuesdays and Thursdays,

9:15 to 10 a.m.

FREE

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

Saturdays, 11:15 a.m. to Noon

FREE

**BLUE** Wednesdays and Fridays,

9:30 to 10:30 a.m.

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

FREE

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

FREE

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

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

FREE

**HEND** Wednesdays, 2 p.m.

### Beginners Yoga

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

**BLUE** Mondays, 11:30 a.m. to 12:30 p.m.

**FLAM** Thursdays, 11 a.m. to Noon

FREE

### Sunrise Chair Stretch and Balance

Start your day off with relaxing stretching.

**GV HYBR** Wednesdays and Fridays, 8 a.m.

Meeting ID: 2662794587

No password

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

### Yin Yoga

**FLAM HYBR** Mondays and Thursdays, 9:45 to 10:45 a.m.

Meeting ID: 913 3688 1442

Password: Wellness

### Gentle Yoga

Gain flexibility and balance.

**WEST HYBR** Mondays & Wednesdays, 9 to 10 a.m.

\$5 per session or

5 sessions for \$20

**BLUE HYBR** Mondays, 10:30 to 11:30 a.m.

Meeting ID 91934411072

Passcode 169902

FREE

**GV** Tuesdays and Thursdays,

10 to 11 a.m.

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

**HEND** Tuesdays and Thursdays,

10 to 11 a.m.

FREE

### Mixed-Level Yoga

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

**WEST** Mondays & Wednesdays,

8 to 9 a.m.

\$5 per session or five sessions

for \$20

### Mommy & Baby Yoga

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

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

FREE

### Mommy & Toddler Yoga

A fun filled class for you and your little one! Get ready to dance, read books, listen to some of your child's favorite songs all while learning yoga! Ages 1-4 years old.

**WEST** Tuesdays, 11 a.m. to Noon

FREE

**BLUE** Wednesdays, 10:30 to 11:30 a.m.

FREE

### Vinyasa Flow Yoga (Beyond the Basics)

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

**FLAM HYBR** Monday and Thursdays,

8:30 to 9:30 a.m.

Meeting ID: 913 3688 1442

Password: Wellness

FREE

### 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.

**HYBR GV** Starting April 22, Mondays

& Wednesdays, Noon to 1 p.m.

To Register Call 702.616.4902.

Class ID: 99105069117

Passcode: 172186

**FLAM** Starting April 30, Tuesdays and Thursdays, 3 to 4 p.m.

To register call 702.620.7800.

### Tai Ji Quan: Moving for Better Balance - Level 2

Have you completed Tai Ji Quan: Moving for Better Balance program and want to keep your Tai Ji Quan skills going? Join Gwen for this class as she covers Level 2.

**ZOOM** Mondays and Wednesdays,

9 to 10 a.m.

Call 702.616.4929 to register.

### Intro to Tai Chi Qigong

**GV** Mondays at 1 p.m.

\$3 or 10 for \$20

### Advanced Tai Chi

**GV** Mondays at 2 p.m.

\$3 or 10 for \$20

### Beginning Tai Chi

**GV** Wednesdays at 1 p.m.

\$3 or 10 for \$20

### Intermediate Tai Chi

**GV** Wednesdays at 2 p.m.

\$3 or 10 for \$20

### Take It Easy/Chair Yoga

With a focus on breath and body awareness, this gentle chair-based class is excellent for beginners and those with limited mobility. All levels welcome.

**HEND** Tuesdays and Thursdays,

1 to 2 p.m.

FREE



## 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 newsletter, delivered the first Friday of every month for the month's class listings. Send your email address to [jemaima.tagayuna@dignityhealth.org](mailto:jemaima.tagayuna@dignityhealth.org).

### 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)



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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](http://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](http://SupportStRose.org).