

# Reach

Together in health and happiness

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Fall 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.

# October is Breast Cancer Awareness Month

## Power of Pink Fashion Show

THE DISTRICT at Green Valley Ranch in the courtyard by Brighton  
**Friday October 4, 5 to 8 PM**  
**Free open to the Public**

Join us during Breast Cancer Awareness month as we come together to help others in the fight against breast cancer. We'll be celebrating the courage and triumph of local survivors as we share their personal stories, while they confidently walk the runway styled by our community partners.

## Fashion Show Las Vegas

**Saturday October 12, 11 a.m. to 4 p.m.**  
 Breast Cancer Patients and Survivors only  
 Join us to this exclusive Pink Bag

Celebration at the Fashion Show Mall as we celebrate "You Are Beautiful - Survivor" in honor of all our Breast Cancer Survivors and Warriors. If you are a breast cancer survivor, unite with us and walk the mall while it's painted pink and receive a complimentary self-care gift bag courtesy of United Breast Cancer Foundation. For more information contact: 725.307.8916

## R.E.D. Rose Breast Cancer Awareness - Lunch & Learn

Sahara Campus 4980 W. Sahara Ave. Suite 220  
**Friday October 18, 2024**  
**11 a.m. to 1 p.m.**



Come and join this 2-hour session filled with information from experts and listen to our survivors' stories. Learn about breast cancer prevention, treatment, and resources! Lunch will be provided. RSVP: 702.340.8401

# November is National Diabetes Month

## 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.

## 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.

**FLAM** **Wednesday, October 16, 10 to 11 a.m.**

Call 702.620.7800 to register.  
 FREE

**BLUE** **Thursday, November 7, 1 to 2 p.m.**

Call 702.620.7025 to register.  
 FREE

**NLV** **Friday, December 6, 1 to 2 p.m.**

**HYBR** Call 702.620.7862 to register.  
 FREE HYBRID  
 Meeting ID: 921 0287 5504  
 Password: 626947

## National Diabetes Prevention Program

Did you know that one out of three U.S. adults has prediabetes? This CDC-approved 12-month program is given in 16 weekly sessions, followed by monthly maintenance sessions. Our lifestyle coaches will help you develop healthy eating habits, increase your physical activity, and help keep you motivated to make healthy changes. To learn more or to register, please call 702.616.4975.

## Diabetes 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. Please call 702.616.4975 for details.

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

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

**BLUE** **Thursday, October 10, 2 to 3:30 p.m.**

Call 702.620.7025 to register.  
 FREE

**FLAM** **Wednesday, November 13, 10 to 11:30 a.m.**

Call 702.620.7800 to register.  
 FREE

**NLV** **Friday, December 6, 10-11:30 a.m.**

Call 702.620.7862 to register.  
 FREE

# Wellness

## AARP Smart Driver Program

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

## Chronic Pain Self-Management Program

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

## Chronic Disease

### Self-Management Program

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

## Senior Chronic Disease Care Coordination Program

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 725.307.8913 or email julie.tousa@dignityhealth.org.

## Communication through Sign Language

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

**WEST** **Thursdays, October 10, 17, 24, 3:45 to 5 p.m.**

FREE

**GV** **Fridays, November 1, 8, 15, 3:45 to 5 p.m.**

FREE

## Knit to Heal Prayer Shawls

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

**WEST** **Thursdays, October 10 & 24, November 14, December 12, 11:30 a.m. to 1:30 p.m.**

FREE

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

FREE

## Relax and Paint

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

**GV** **Wednesday, October 23, 6 to 8 p.m.**

\$ 10 per session

**WEST** **Tuesday, November 19, 6 - 8 p.m.**

\$ 10 per session

## Safe Sitter

**Saturday, October 19, 9 a.m. to 3:30 p.m.**

\$25 lunch included, please call 702.616.4902 to register.

## Stepping On: Fall Prevention Program

Did you know that 1 out of 4 people 65 and older falls each year? Learn of ways to decrease your risk of falls through this 7 week workshop. Call 702.620.7801 to learn more.

## Stop the Bleed

St. Rose Dominican is offering "Stop the Bleed" training for the public – lifesaving skills people can use to quickly stop an injury's heavy bleeding while waiting for emergency responders to arrive. Call 702.616.4902 to register.

**GV** **Wednesday, October 2, November 6, and December 4, 5:30 to 6:30 p.m.**

FREE

## Medicare 101

Decipher the Medicare maze and maximize your benefits.

**HEND** **Monday, October 7 & November 18 2:00 - 4:00**

FREE

**SAHA** **Tuesday, September 17, October 15 & November 5 1 - 3 p.m.**

SPANISH FREE

**GV** **Wednesday, October 9, 6 p.m. & November 6, 1 p.m.**

FREE

**BLUE** **Thursday, Oct. 3rd 1 to 3 p.m.**

FREE

**FLAM** **Friday, October 11 & November 15 12 - 2 p.m.**

FREE

## Senior Nutrition Program

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

## Talk with a Senior Peer Counselor

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

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

To participate call 725.307.8913.

## The Mats Project

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

**NLV** **2nd and 4th Mondays, Monthly 3 to 5 p.m.**

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

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



## Medicare Assistance Program (MAP)

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

This program is supported by the Administration for Community Living (ACL), U.S. Department of Health & Human Services (HHS) as part of a financial assistance award totaling \$1,445,228.12 with 100% funding by ACL/HHS and Nevada Aging and Disability Services Division.

# Nutrition

## Nutrition Consultations

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

## Air Frying: Making Flavorful Fall Favorites with Less Fat

Learn helpful techniques for air frying and sample delicious, healthy food using less fat.

**BLUE** Tuesday, October 29, 2 to 3 p.m.

Call 702.620.7025 to register.  
FREE

**FLAM** Wednesday, October 30, 10 to 11 a.m.

Call 702.620.7800 to register.  
FREE

**GV** Thursday, October 31, 10 to 11 a.m.

Call 702.616.4975 to register.  
FREE

**NLV** Thursday, October 31, 12:30 to 1:30 p.m.

Call 702.620.7862 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** Friday, October 11, 1 to 2 p.m.

**HYBR** Call 702.620.7862 to register.  
Meeting ID: 919 8686 0780  
Passcode: 889645  
FREE

**FLAM** Wednesday, October 16, 1 to 2 p.m.

Call 702.620.7800 to register.  
FREE

**BLUE** Thursday, October 17, 1 to 2 p.m.

Call 702.620.7025 to register.  
FREE

## Nutrition Seminar: Reducing Sodium Intake

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

**FLAM** Wednesday, November 13, 1 to 2 p.m.

Call 702.620.7800 to register.  
FREE

**BLUE** Thursday, November 14, 1 to 2 p.m.

Call 702.620.7025 to register.  
FREE

**NLV** Friday, November 15, 1 to 2 p.m.

**HYBR** Call 702.620.7862 to register.  
FREE  
Meeting ID: 973 7386 4188  
Password: 017695

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

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

**FLAM** Wednesday, December 4, 1 to 2 p.m.

Call 702.620.7800 to register.  
FREE

**BLUE** Thursday, December 5, 1 to 2 p.m.

Call 702.620.7025 to register.  
FREE

**NLV** Friday, December 20, 1 to 2 p.m.

**HYBR** Call 702.620.7862 to register.  
FREE  
Meeting ID: 921 1976 5137  
Password: 044709

## 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.

## 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.

# Screenings & Survivorship

## Freedom from Smoking

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

## Mammograms

Uninsured or underinsured? You may qualify for a free mammogram and other breast health services. If you are in active treatment for breast cancer you may qualify for Financial Assistance. 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.

**October 10, 7 to 10 a.m.**

# Mental Health

## Adult Mental Health First Aid

Learn the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem. Help connect them to the appropriate care. Please email terry.maurer@dignityhealth.org for additional information and registration.

**ZOOM** October 30, 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 702.620.7801.

**GV** Tues/ Thurs, Oct 8 - Nov 21 from 11:15 a.m. - 12:15 p.m.

## 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.

**NLV** Martes/Jueves, Oct 8 - Nov 21 de 11 am - 12 pm  
GRATIS

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

**NLV** CST (Spanish), October 8 - November 21 (every Tues/Thurs at 11 a.m.)  
**GV** October 8 - November 21 (every Tues/Thurs at 11:15 a.m.)

Additional classes may be available at San Martin or other locations based on demand.

Weekly Maintenance classes are available for participants who have completed the 7 week CST course. Call 702 616 4919 to register

## Cognitive Stimulation Therapy Facilitator Training

Train to be a CST facilitator, and earn certification from St. Louis University to provide CST training.

**GV** December 13, 8 a.m. to 4 p.m.  
For fee information and to register Call 702 616 4919



CARE Chest is Nevada's only nonprofit provider of free medical equipment, supplies, independent living home modifications, supplemental nutrition, and other vital resources to Nevadans in need. For information and to apply for assistance, visit CareChest.org or call 866.206.5242.

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

# Pregnancy & Childbirth

## Car Seat Safety Checks

Call 702.616.4902 for an appointment.

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

## Support for Moms-to-Be and New Moms

Did you know that 1 in 5 pregnant women and new moms experience some form of anxiety or mood disorder? Anxiety and mood disorders are treatable. To find helpful family resources, visit [nvmch.org](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.

**Oct. 9, 10 - 11 a.m.**

**Nov. 8, 10 - 11 a.m.**

**Dec. 11, 10 - 11 a.m.**

FREE

## Safe Sleep Training for Parents and Caregivers

Learn the ABCs of safe sleep to ensure the well-being of your infant. Please call 775.553.8024 or visit [nvmch.org](http://nvmch.org) to learn more.

## FREE Birth Center Tours

**Siena Campus:**  
Thursday evenings



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

# Breastfeeding/Prenatal Classes



## Baby Basics

Learn the basics of caring for your newborn.

**GV** **October 17, November 21, December 19, 6 to 9:30 p.m.**  
\$30

## Baby Weigh Stations

Baby weight checks. No appointment necessary.

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

## Breast Pump Rentals

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

**GV** **WEST**

## Breastfeeding

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

**GV** **October 4, November 1, December 6, 9 to 11 a.m.**

## Breastfeeding Helpline and Consultations

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

**GV** **WEST** \$50

## \$30 Daddy Boot Camp

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

**GV** **Saturday October 12, December 14, 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.

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

## Prepared Childbirth

This two-week session, held on Tuesday evenings, helps build confidence in your body's ability to give birth while you interact with other couples who may have the same concerns.

**GV** **October 1 & 8, November 12 & 19, and December 10 & 17, 6 to 9 p.m.**  
\$35

## Prepared Childbirth Express

This one-day, six-hour class helps build confidence in your body's ability to give birth while you interact with other couples

**GV** may have the same concerns.  
**October 26, November 23, December 7, 9 a.m. to 3 p.m.**  
\$35

## Infant CPR

Learn the basics of Infant CPR and choking. No exam and no card issued.

**October 9, November 13, December 11, 6 p.m. to 8 p.m. \$20 per couple**

## Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline: 800.784.8669.

# 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, October 3 & 17, November 7 & 21, December 5 & 19, 1 to 1:30 p.m.**

**WEST** **Saturdays, October 12, November 9, & December 14, 12:30 - 1 p.m.**

**GV** **Tuesdays, October 1 & 15, November 5 & 19, December 3 & 17, 1 to 1:30 p.m.**  
FREE

## St. Rose WIC Nutrition Program

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

## Parenting the Love and Logic Way

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

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

## Circle Time with Miss Tawanda

Step into Circle Time with Miss Tawanda, where play is the key to learning. Through storytime, songs, and movement exercises, little ones develop fine and gross motor skills while engaging their curious minds. Miss Tawanda fosters a nurturing environment where every interaction is an opportunity for growth and exploration. Join the fun-filled journey of Circle Time, where play and learning intertwine seamlessly. Ages 12 months-3 years old.

**HEND** **September 12, October 10 & November 14, 11:30- 12:15; 11:30-12:15 pm**

# Volunteer Opportunities

## Helping Hands

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

## Medicare Assistance Program (MAP) Training

We need volunteers to make a difference in the community with our free MAP training. Learn how to help yourself and others get the most out of Medicare and help spread the word to protect, detect and report Medicare fraud, errors and abuse. Call 702.616.4926 to register

## New Mama Care Kits Assembly Day

**FLAM** **Wednesday, October 23, 9 a.m. - 1 p.m.**

Help Southern NV MCH Coalition assemble postpartum aftercare kits. Please email [kairirenae.pangelinan@dignityhealth.org](mailto:kairirenae.pangelinan@dignityhealth.org) to sign up.



## 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).

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

# December is HIV/AIDS Awareness Month

## Ryan White Programs (HIV)

### Ryan White Eligibility

Living with HIV and need resources? Enroll in the Ryan White Program for medical and support services like food, dental care, financial aid, and transportation. Call 725.307.8901 for eligibility.

### A Better U!

Change starts from within. This program will help you live healthier, find support, and improve your outlook. Virtual and in-person workshops are available. Call 725.307.8901 to learn more. *Must be Ryan White Part A Eligible.*

**ZOOM** Every Monday starting from 10/14 to 11/18 from 11 a.m. to 12 p.m.

**SAHA** Every Monday starting 10/14 to 11/18 from 5 p.m. to 7 p.m.

### ¡Tu Mejor Versión!

El cambio empieza por dentro. Únase a nuestro taller de 6 semanas para un estilo de vida más saludable, apoyo y mejor perspectiva. Llame al 725.307.8901 para más información. *Debe ser elegible para Ryan White Parte A.*

**SAHA** Cada Jueves empezando 10/17 a 11/21 al 5:30 p.m. hasta 7:30 p.m.

### U=U Game Night

U=U means undetectable equals untransmittable. With undetectable viral loads, HIV can't be transmitted. Join our game night to learn more, strengthen your support system, and empower yourself. Call 725.307.8901. *Must be Ryan White Part A Eligible.*

**NLV** Last Wednesday of the month, 6 p.m. to 8 p.m.

### Medical Case Management

Medical Case Management offers eligible clients access to Health Care services, Medical Nutrition Therapy, and more. Services focus on treatment adherence, options, and support. Call 725.307.8901 to schedule an assessment.

### Fresh to U Food Bank

Need food assistance? Our food bank provides nutritious, ready-to-eat food bags selected by a dietitian. Pick up at 3 locations or get delivery. Personal care products are also available. Call 725.307.8901. *Must be Ryan White Part A Eligible.*

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

The H.B.T.C Program helps you optimize health insurance and find providers. Partner with a benefits coach and explore H.B.T.C classes. Call 725.307.8901 to learn more. *Must be Ryan White Part A Eligible.*

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

### Flip the Script

Flip the SCRIPT is launching a monthly health workshop, available in-person and virtual. Led by Community Pharmacist, Dr. KayLynn Bowman. It features guest speakers, presentations, and group discussions. Call 725.307.8901 for details. *Must be Ryan White Part A Eligible.*

**NLV** Every 3rd Thursday of the month 3:30 p.m. to 4:30 p.m.

### Healthy Heart Program

This 4-week series is designed to boost your confidence in managing heart disease. Come join us in learning more about ways to keep your heart healthy and keep on moving! Contact 725.307.8901 for more information. *Must be Ryan White Part A Eligible.*

**ZOOM** Every Tuesday starting from 10/22 to 11/12 from 4:00pm to 5:00pm

### Positive Lifestyle and Nutrition Program

Our personalized nutrition program supports your health and weight goals. Team up with your own Registered Dietitian to craft a plan and get the support you need to boost your health and lifestyle. Call for eligibility 725.307.8901

### Spanish Support Group: Latinos Con Fuerza

Únete a nuestro grupo de apoyo: un espacio seguro para crecer, entender y conectar emocionalmente. *Elegible para Ryan White Parte A.* Llama al 725.307.8901 para más info.

**NLV** Every 1st and 3rd Wednesday of the month, 5:30 p.m. to 7:30 p.m.

### Women's Support Group: Shining Stars

Our Women's HIV Support Group is a gathering and safe space for women identifying people living with HIV to share their experiences, challenges, and triumphs. Join us to create a positive, nurturing community. Contact 725.307.8901 for more information.

**NLV** Every 2nd and 4th Friday of the month 10 a.m. to 12 p.m.

**SAHA** Every 1st and 3rd Tuesday of the month 10 a.m. to 12 p.m.

### Ryan White Pop Up Farm Stand

Join our Pop Up Farm Stand for colorful, fresh produce and learn about its health benefits. Contact 725.307.8901 for more info. *Must be Ryan White Part A Eligible.*

**SAHA** 2nd Tuesday of September, October and November at 1 p.m.



## Support Groups

### AA for Women

**GV** Mondays, 6:30 p.m.

### Alzheimer's Support

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

### Amputee Support

Email jlamoree@dignityhealthrehab.com for more information

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

### Bereavement Support

Each "set" of offerings runs for eight sessions.

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

### Caregiver Support

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

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

### Compassionate Friends (TCF)

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

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

### Diabetes Support Group

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

### Mommy Care Club

1-in-5 women suffer from Postpartum Depression. We are here to support you in your motherhood journey. Call 775.553.8024 to register.

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

### MS Support Group

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

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

### Narcotics Anonymous

**HEND** Mondays, 6 p.m.

**HEND** Fridays, 6 p.m.

**SAN** Wednesdays 6:30 p.m.

### Chronic Pain Support Group

Last Thursday of the month from 3:30-4:30 p.m.

### Prostate Cancer Support Group

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

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

The RED Rose Support Group welcomes women who have been diagnosed with breast cancer, living with metastatic breast cancer, and their family members. Join us in this positive space as we work together uplifting each other through group activities to help your best.

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

**NLV** English, 3rd Friday, Monthly 10:30 a.m. to noon

**SAHA** Every First Thursday of the month, 10:30 a.m. to Noon

### SMART Recovery for all Addictions

**GV** Thursdays, 6 p.m.

### Stroke Support Group

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

### Suicide Prevention Lifeline

800.273.8255

### Surviving Suicide Loss Support Group

**SAN** 1st & 3rd Mondays, 6:30 to 8 p.m.

### Widows Support

**GV** 1st & 3rd Tuesdays, 2:30 to 4 p.m.

## Heart and Stroke Programs

### Eat Heart Smart for Life

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

**GV** Monday, December 9, 11 to Noon  
702.616.4975  
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! To register, please call 702.616.4929

### Buena Salud Para un Corazón Sano

Aprenda sobre consejos prácticos para mantener un corazón sano, manejo del colesterol y la presión alta. Acceda a clases personalizadas y una cita con un dietista registrado. Para más información llame al 702.616.4932

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

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

**Blue Diamond** - 702.620.7025  
**North Las Vegas** - 702.620.7862  
**West Flamingo** - 702.620.7800  
**Sahara** - 725.307.8901

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

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

## HIGH Fitness

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

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

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

**BLUE** **Thursdays, 9:30 to 10:30 a.m.**  
Meeting ID: 928 438 7723  
No password  
FREE

## High Fitness and High Yo

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

**BLUE** **Tuesdays, 9 to 10 am**

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

## Surge Strength

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

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

## Surge Fit

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

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



## Enhance Fitness

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

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

**WEST** **Mondays and Wednesdays, 1:30 to 2:30 p.m.**  
**Tuesdays and Thursdays 8:30 - 9:30 a.m.**  
Meeting ID: 937 2168 6896  
Password: 927227  
FREE

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

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

**NLV** **Thursdays from 1:30 to 2:30 p.m.**

## Gentle Yoga

Gain flexibility and balance.

**WEST** **HYBR** **Mondays & Wednesdays, 9:30 to 10:30 a.m.**  
FREE

**BLUE** **HYBR** **Mondays 11 a.m. - 12 p.m.**  
Meeting ID: 946 887 49631  
Passcode: 451695

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

**HEND** **Tuesdays, Thursdays, 10 to 11 a.m.**

## Beginner Yoga

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

**BLUE** **Mondays, 12 to 1 p.m.**  
**FLAM** **Thursdays, 11 a.m. to noon**  
FREE

## Mixed-Level Yoga

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

**WEST** **Mondays & Wednesdays, 8:30 to 9:30 a.m.**  
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. Post-natal yoga helps mommy regain strength while complementing your new life as a mom. Babies' minds will be stimulated while doing some simple stretches.

**BLUE** **Mondays, 1 to 2 p.m.**  
FREE

## Mommy & Toddler Yoga

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

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

## Vinyasa Flow Yoga (Beyond the Basics)

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

**FLAM** **HYBR** **Monday and Thursdays, 8:30 to 9:30 a.m.**  
Meeting ID: 913 3688 1442  
Password: Wellness  
FREE

## Take It Easy/Chair Yoga

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

**HEND** **Tuesdays and Thursdays, 1 to 2 p.m.**  
FREE

## Yin Yoga

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

## Sunrise Chair Stretch and Balance

Start your day off with relaxing stretching.

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

**ZOOM** **Mondays and Wednesdays Starting Oct. 21 9 to 10 am**  
To register call 702.616.4902

**FLAM** **Tuesdays and Thursdays, 3 to 4 p.m. (no class 10/22)**  
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.

**GV** **HYBR** **Mondays and Wednesdays, starting Oct. 16 12 to 1 pm hybrid**  
ID: 99105069117  
Passcode: 172186  
**11 to 12 pm in-person only**

## UpBeat Barre

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

**BLUE** **Mondays, 9:30 to 10:30 a.m.**  
ID: 928 438 7723  
FREE

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

## Zumbini

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

**GV** **Monday 10 a.m., Tuesday and Thursdays, 9:15 to 10:00 a.m., Friday 1:30 p.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 (no class 10/22)**  
FREE

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

**SAHA** **Fridays only at 10 a.m. to 11 a.m.**  
FREE

## Intro to Tai Chi Qigong

**GV** **Mondays at 1 p.m.**  
\$3 or 10 for \$20  
Meeting ID: 99105069117  
Password: 172186

## Advanced Tai Chi

**GV** **Mondays at 2 p.m.**  
\$3 or 10 for \$20  
Meeting ID: 99105069117  
Password: 172186

## Beginning Tai Chi

**GV** **Wednesdays at 1 p.m.**  
\$3 or 10 for \$20  
Meeting ID: 99105069117  
Password: 172186

## Intermediate Tai Chi

**GV** **Wednesdays at 2 p.m.**  
\$3 or 10 for \$20  
Meeting ID: 99105069117  
Password: 172186

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

## CLASS LOCATIONS

Classes are offered at various locations. Please note the location codes below each class date/time, then refer to the location map and addresses on the back cover.

## MONTHLY eNEWSLETTER

Sign up for our monthly 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



The Womens Care/Outreach Centers have supported Dignity Health St. Rose Dominican's commitment to improving the health of the women, men, and children in southern Nevada since 1998. A wide variety of free or low-cost fitness, health, nutrition, pregnancy/parenting, and wellness classes are offered at our seven convenient locations. For information, visit [StRoseHospitals.org](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).

- GV WomensCare/Outreach Center**  
Green Valley  
2651 Paseo Verde Parkway  
Suite 180  
702.616.4901
- HEND WomensCare/Outreach Center**  
Henderson  
Rose de Lima Campus  
102 E. Lake Mead Parkway  
702.616.4378
- ZOOM ZOOM** (virtual)
- HYBR HYBRID**  
(choose in person or Zoom)
- WEST WomensCare/Outreach Center**  
Las Vegas  
7220 S. Cimarron Road  
Suite 195  
702.616.4910
- SAN San Martín Campus**  
Las Vegas  
8280 W. Warm Springs Road  
702.616.4900
- SIENA Siena Campus**  
Henderson  
3001 St. Rose Parkway  
702.616.5000

- WELLNESS CENTERS**
- BLUE Blue Diamond Campus**  
Las Vegas  
4855 Blue Diamond Rd.  
Suite 220  
702.620.7025
- NLV North Las Vegas Campus**  
North Las Vegas  
1550 W. Craig Rd.  
Suite 250  
702.620.7862
- FLAM West Flamingo Campus**  
Las Vegas  
9880 W. Flamingo Rd.  
Suite 220  
702.620.7800
- SAHA Sahara Campus**  
Las Vegas  
4980 W. Sahara Avenue  
Suite 220  
725.307.8901



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