

# Reach

Together in health and happiness

Winter 2025



## HOW TO REGISTER

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

# Healthy Aging

## Become 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. Application and Interview required. Must return application by January 24, 2025.

**SAHA February/March 2025, FREE**

## 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.

# February is American Heart Month

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

## 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 702.616.4932 [angel.garciasaavedra@dignityhealth.org](mailto:angel.garciasaavedra@dignityhealth.org)

**GV Mondays, February 3 to 24, 1 to 2 pm**

# Diabetes Alert Day - Tuesday, March 25, 2025

## 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

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 diabetes self-management skills offered in individual and group settings. Call 702.616.4975 for details.

## Health Screenings

Keeping good health also means having regular check-ups and knowing your numbers. Have you had a health screening recently? Check your glucose, cholesterol, thyroid, and other exams. Call 702.616.4902 for more information on other exams and to schedule an appointment.

**GV March 25, 7 to 10 am**

# 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.

**GV Thursday, January 23, 3 to 4 p.m.**

Call 702-616-4975 to register. FREE

**FLAM Wednesday, February 5, 2 to 3 p.m.**

Call 702-620-7800 to register. FREE

**BLUE Tuesday, March 11, 11 a.m. to Noon**

Call 702-620-7025 to register. FREE

**NLV Friday, March 21, 1:30 to 2:30 p.m.**

**HYBR** Call 702.620.7862 to register and for Zoom link. 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.

**Sessions start in February.** To learn more, 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.

**BLUE Thursday, January 30, 1 to 2:30 p.m.**

Call 702.620.7025 to register. FREE

**FLAM Wednesday, February 19, 10 to 11:30 a.m.**

Call 702.620.7800 to register. FREE

**NLV Friday, March 21, 10 to 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.

## Communication through Sign Language

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

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

FREE

**GV Fridays, February 7, 14, 21, 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, January 9 & 23, February 13 & 27, March 13 & 27, 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, February 12, 6 to 8 p.m.**

\$ 10 per session

## Safe Sitter

**Saturday, January 25, 9 a.m. to 3:30 p.m.**

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

## Older Adult Chronic Disease Support

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](mailto:julie.tousa@dignityhealth.org).

## Senior Nutrition Program

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

## 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.

**GV Fridays, February 7 to March 21, 10 a.m. - 12 p.m.**

## 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, February 5, and March 5, 5:30 to 6:30 p.m.**

FREE

## 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

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

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

# Nutrition

## “Appealing” Desserts: Satisfying Your Sweet Heart

Cutting down on sugar doesn't have to mean cutting out sweetness. Learn ways to serve a colorful fruit dessert that also reinforces your healthy eating pattern. Sweet samples provided.

**BLUE** Tuesday, February 11, 1:30 to 2:30 p.m.  
Call 702.620.7025 to register.  
FREE

**FLAM** Wednesday, February 12, 10:30 to 11:30 a.m.  
Call 702.620.7800 to register.  
FREE

**GV** Thursday, February 13, 10:30 to 11:30 a.m.  
Call 702.616.4975 to register.  
FREE

**NLV** Thursday, February 13, 12:30 to 1:30 p.m.  
Call 702.620.7862 to register.  
FREE

## Eat Heart Smart for Life

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

**BLUE** Tuesday, January 21, 11 a.m. to Noon  
Call 702.620.7025 to register.  
FREE

**GV** Monday, March 10, 1 to 2 p.m.  
Call 702.616.4975 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. Sample a taste of DASH!

**BLUE** Thursday, January 16, 1 to 2 p.m.  
Call 702.620.7025 to register.  
FREE

**NLV** Friday, January 17, 10 to 11 a.m.  
**HYBR** Call 702.620.7862 to register.  
FREE  
Meeting ID: 92667827529  
Password: 973682

**FLAM** Wednesday, January 29, 1 to 2 p.m.  
Call 702.620.7800 to register.  
FREE

## Want to lose weight?

Get a metabolic test that reveals your true caloric needs. Cost is \$45. Call 702.616.4975 for more information.

## 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. Taste-testing included.

**FLAM** Wednesday, February 26, 1 to 2 p.m.  
Call 702-620-7800 to register.  
FREE

**BLUE** Thursday, February 27, 1 to 2 p.m.  
Call 702-620-7025 to register.  
FREE

**NLV** Friday, February 28, 10 to 11 a.m.  
**HYBR** Call 702.620.7862 to register.  
FREE  
Meeting ID: 92098375212  
Password: 518608

## 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, March 26, 1 to 2 p.m.  
Call 702-620-7800 to register.  
FREE

**BLUE** Thursday, March 27, 1 to 2 p.m.  
Call 702-620-7025 to register.  
FREE

**NLV** Friday, March 28, 10 to 11 a.m.  
**HYBR** Call 702.620.7862 to register.  
FREE  
Meeting ID: 95323701781  
Password: 836106

## 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.

# 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.

# 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 725.307.8913.

## 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** February 13, 9 a.m. to 4 p.m.  
\$24.95

## Youth Mental Health First Aid

**ZOOM** \$24.95

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

Classes at GV and NLV: Tues/Thurs Jan 14-Feb 27 (call to assess/register) Weekly maintenance (prerequisite/register)

**GV** Mon: 11 a.m., Thursday 1 p.m.  
Call to register 702.616.4919

## Powerful Tools for Caregivers

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

**GV** Tues & Thurs, Jan 14 - Feb 27, 11:15 a.m.- 12:15 p.m.

**NLV** Tues & Thurs, Jan 14-Feb. 27, 11 a.m. to Noon

**ZOOM** Mon, Jan 27 - Mar 3, 9 - 10:30 a.m.

**ZOOM** Wed, Feb 5 - Mar 12, 5 - 6:30 p.m.

Call to register 702.620.7801

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

**SAHA** March/April 2025  
Monday/Wednesday 11 a.m.  
FREE  
725 307-8922

## 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.

**ZOOM** Thursdays, Jan 16 - Feb 20, 2025 from 5:30 - 7 p.m.

**ZOOM** Thursdays, March 13 - April 17, 2025 from 5:30 to 7 p.m.

Por favor llame al 702.592.6719 para registrarse.

ZOOM [icon] GRATIS



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](https://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.

**Jan 17, 10 to 11 a.m.**

**Feb 12, 10 to 11a.m.**

**Mar 14, 10 to 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** **January 16, February 20, and March 20, 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** **January 21, February 18, and March 18 6:30 to 8:30 p.m.**

## Breastfeeding Helpline and Consultations

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

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

## Daddy Boot Camp

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

**GV** **Saturday February 15 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** **January 7 & 14, February 4 & 11, and March 4 & 11, 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 who may have the same concerns.

**GV** **January 11, February 8, and March 8, 9 a.m. to 3 p.m.**

\$35

## Infant CPR

Learn the basics of Infant CPR and choking. No exam and no card issued. **January 29, February 5, and March 5, 6 to 8 p.m. \$20 per couple**

## Smoking Cessation for Pregnancy

Call the Nevada Tobacco Quitline: 800.784.8669.

## Compartiendo con Nuevas Mamás

Te invitamos a socializar con otras mujeres embarazadas, mamás primerizas y sus bebés. Hablar sobre el cuidado personal, la conexión con tu bebé, la seguridad infantil, la importancia de la atención primaria, la nutrición y el cuidado posparto.

**SAHA** **3er Viernes del mes, Marzo 21, Abril 17, Mayo 22, 11:30 am to 12:30 pm**

Llame al 702-285-7754 para registrarse. Gratis

## Dignity Health Connecting You to Health Insurance Options

Designed for individuals and families who don't have employer health coverage and don't qualify for Medicaid or Medicare. Nevada Health Link is the marketplace for health insurance that can provide you with tax credits and subsidies to help cover the cost of insurance. Recent life changes, such as losing health insurance or Medicaid, may qualify you for a Special

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



# 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, January 2 & 16, February 6 & 20, March 6 & 20, 1 to 1:30 p.m.**

**WEST** **Saturdays, January 11, February 8, & March 8, 12:30 to 1 p.m.**

**GV** **Tuesdays, January 7 & 21, February 4 & 18, March 4 & 18, 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.

**GV** **Wednesdays, January 22, 29, February 5, 12, 19 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** **January 9, February 13, March 13; 11:30 to 12:15 p.m.**

## 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.



Nevada Medicare Assistance Program



Your way through Medicare!

## 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.

## Medicare 101

Decipher the Medicare maze and maximize your benefits.

**HEND** **Monday, Jan. 27 & Mar. 10, 2 to 4 p.m.**  
FREE

**SAHA** **Tuesday, Jan. 7, Feb. 4, & Mar. 4, 1 to 3 p.m.**  
FREE - SPANISH

**GV** **Wednesday, January 22 & March 26, 10 a.m.**  
FREE

**NLV** **Tuesday, Feb. 4, 2 to 4 p.m.**  
FREE

**BLUE** **Thursday, Jan. 9th, 1 to 3 p.m.**  
FREE

**FLAM** **Friday, Jan. 17, & Mar. 21 at 12:00 to 2:00 p.m.**  
FREE

# 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 Tuesday starting from 1/14 to 2/18 from 5 p.m. to 6 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 1/16 a 2/20 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.

Call 725.307.8901. Must be Ryan White Part A Eligible.

### Hope and Renewal

Hope and Renewal is a faith-based support group designed to provide emotional care to individuals seeking healing and guidance in times of crisis, grief, or personal struggle. Call 725-307-8901 to learn more.

**SAHA** Every 2nd Tuesday of the month 9 a.m. to 10 a.m.

### SCRIPT Your Future

SCRIPT Your Future is launching monthly health workshops, 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 2nd Friday of the month

**ZOOM** 12 p.m. to 1 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.

**SAHA** Every Thursday starting from 2/6 to 2/27 from 4 p.m. to 5 p.m.

### 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

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** Cada 1er y 3er miércoles del mes 5:30 p.m. a 7:30 p.m.

**SAHA** Cada 2do y 4to jueves del mes 5:30 p.m. a 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** Every 2nd Tuesday of the month 10:00 a.m. to 4:00 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** 2nd & 4th Wednesdays, 5 p.m.

## Stroke Support Group

Dignity Health Rehabilitation Hospital 2nd Thursday, 11 a.m. to 12 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

## 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.

**SAHA** Every other Tuesday at 5:30pm Spanish

## Compassionate Friends (TCF)

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

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

## Diabetes Support 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

Email stevenpastrone@gmail.com for more information

**FLAM** 1st Mondays monthly, 6 to 8 pm

## Narcotics Anonymous

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

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

## Prostate Cancer Support Group

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

## SMART Recovery for all Addictions

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

## 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 elegible para Ryan White Parte A. 702.620.7025.

## 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.

**BLUE** Tuesday, January 21, 11 a.m. to Noon

Call 702-620-7025 to register. FREE

**GV** Monday, March 10, 1 to 2 p.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! To register, please call 702.616.4929

**GV** Mondays, February 3 to 24, 1 to 2 pm

## 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

**SAHA** Febrero 6 al 27, 1:30 a 2:30 pm

## 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

Many classes require registration. Register online at [StRoseHospitals.org/Classes](http://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** Mondays, 9:30 to 10:30 a.m.

**HYBR** Meeting ID: 994 5181 2394  
Password: 006029  
FREE

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

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

**HYBR** Meeting ID: 994 5181 2394  
Password: 006029  
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** **HI Fitness** (Low Body Toning)  
Tuesdays, 9:30 to 10 a.m.  
**YO Fitness** (Full body stretching)  
Tuesdays, 10 to 10:30 a.m.  
Meeting ID: 994 5181 2394  
Password: 006029  
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: 994 5181 2394  
Password: 006029  
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: 994 5181 2394  
Password: 006029  
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.  
**HYBR** Meeting ID: 994 5181 2394  
Password: 006029

## 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: 964 9303 1685  
Password: Wellness

## 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 Jan. 27  
9 to 10 am

To register call 702.616.4902

**GV** **HYBR** Mondays and Wednesdays,  
starting Jan. 27, 12:00 p.m.

**FLAM** 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.

**GV** Mondays and Wednesdays, starting  
Jan. 27 at 11 am (in-person only)

**ZOOM** Mondays and Wednesdays, starting  
Jan. 27 from 9 to 10 am

## 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

## Flex and Flow

Come stretch and flow as we regain our flexibility and balance together.

**SAHA** Thursdays 9 a.m. to 10 a.m.

## Zumbini

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

**HEND** Wednesdays, 2 to 2:45 p.m.  
FREE

**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.  
Tuesdays, 11 to 11:45 a.m.  
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

Mondays at 1 p.m.  
\$3 or 10 for \$20

**GV** Meeting ID: 99105069117  
Password: 172186

## Advanced Tai Chi

Mondays at 2 p.m.  
\$3 or 10 for \$20

**GV** Meeting ID: 99105069117  
Password: 172186

## Beginning Tai Chi

Wednesdays at 1 p.m.  
\$3 or 10 for \$20

**GV** Meeting ID: 99105069117  
Password: 172186

## Intermediate Tai Chi

Wednesdays at 2 p.m.  
\$3 or 10 for \$20

**GV** 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@commonspirit.org](mailto:Jemaima.Tagayuna@commonspirit.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



Please scan the QR code to access the current issue of Reach Magazine