

# Health **connect**

www.YRMCHHealthConnect.org

Make A YRMC Health Connection in **APRIL**



## 2 MONDAY

### Know the 10 Signs

**FREE** If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease. Presented by the Alzheimer's Association.

**WHEN:** 1:30–2:30 p.m., Alta Vista Senior Living, 916 Canterbury Ln., Prescott.

**INFO:** Please register online at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 708-4636.

## 3 TUESDAY

### Combination Hip and Knee Replacement Class

**FREE** YRMC's Physical Rehabilitation and Case Management departments offer one-hour informational classes for local residents who are scheduled for, or are contemplating total knee or total hip replacement surgery.

**WHEN:** 9:00–10:00 a.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Please call (928) 771-5131 to register.

### Family Birthing Class

A four-week series designed for first-time moms and their partners to help prepare for the arrival of a new baby. Participants are encouraged to start the series no later than the 27th week of pregnancy and to attend all four of the classes.

**COST:** \$35

**WHEN:** Tuesdays, April 3rd through April 24th, 6:30–8:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

**INFO:** Please call (928) 442-8800 to register.

## 6 FRIDAY

### Let's Talk About Parkinson's

**FREE** Join us for a discussion about Parkinson's Disease, stages of the illness and its varying symptoms and signs. Also discussed are the variety of treatments and physical therapy options. Presented by Chris Knack, MS, LAC and Certified Geriatric Care Manager.

**WHEN:** 2:30–3:30 p.m., Las Fuentes Senior Living, 1035 Scott Drive, Prescott.

**INFO:** Please register online at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 708-4636.

## 9 MONDAY

### Combination Hip & Knee Replacement Class

**FREE** YRMC's Physical Rehabilitation and Case Management departments offer one-hour informational classes for local residents who are scheduled for, or are contemplating total knee or total hip replacement surgery.

**WHEN:** 9:00–10:00 a.m., YRMC Del E. Webb Outpatient Center, 1st floor Conference Room, 3262 N. Windsong Dr., Prescott Valley.

**INFO:** Reservations are required. Please call (928) 759-5920.

### Respiratory Wellness: Asthma and Allergies

**FREE** YRMC's Respiratory Wellness program offers free classes on managing COPD (chronic obstructive pulmonary disease). Certified COPD educators lead the classes. Registration required.

**WHEN:** 10:00–11:30 a.m., YRMC West, Thumb Butte Room, 1003 Willow Creek Rd., Prescott.

**INFO:** Please call (928) 771-5264 to register.

## 10 TUESDAY

### Meditation for Beginners

**FREE** In this one hour session you will learn Isha Kriya, a simple 12-18 minute practice, to help you become meditative effortlessly. Attain health, clarity and joy. Isha Kriya does not require any previous experience with meditation and can be done sitting in a chair. Presented by Ritu Gothwal, MD, YRMC PhysicianCare.

**WHEN:** 12:30–2:00 p.m., Chino Valley Public Library, 1020 Palomino Rd., Chino Valley.

**INFO:** Please register online at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 708-4636.



### DIABETES SELF-MANAGEMENT

YRMC's Diabetes Self-Management training classes meet once a week for five weeks. A new series of classes begins every five to six weeks. Anyone with diabetes is invited; a physician's order is required.

**COST:** Please call for information about the cost of the classes and if insurance may cover some or all of the cost.

**WHEN:** There are no sessions starting in April. Please watch for upcoming sessions in our May calendar.

**INFO:** Please call (928) 771-5794 for information.

## 11 WEDNESDAY

### What Depression Looks Like in Older Adults

**FREE** Depression is a medical illness that includes symptoms that can look very much like other illnesses, some of which can cause depression. Older adults may not exhibit some of the typical symptoms. The right anti-depressant medication and counseling combined has been proven to be very effective in the treatment of depression. There are some misconceptions about depression and anti-depressant medication that keep people from seeking the help that can relieve the terrible pain and feelings of hopelessness that are a part of depression. Come get the facts for yourself or a loved one. Presented by Connie Boston, MSW, Senior Peer Prevention Program.

**WHEN:** 1:15–2:15 p.m., Granite Gate Senior Living, 3850 N. Hwy 89, Prescott.

**INFO:** Please register online at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 708-4636.

## 12 THURSDAY

### Meditation for Beginners

**FREE** In this one hour session you will learn Isha Kriya, a simple 12-18 minute practice, to help you become meditative effortlessly. Attain health, clarity and joy. Isha Kriya does not require any previous experience with meditation and can be done sitting in a chair. Presented by Ritu Gothwal, MD, YRMC PhysicianCare.

**WHEN:** 1:00–2:30 p.m., Granite Creek Health & Rehabilitation Center, 1045 Scott Dr., Prescott.

**INFO:** Please register online at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 708-4636.

## 14 SATURDAY

### Breastfeeding Works!

**FREE** A YRMC lactation consultant teaches new moms how to have a successful, rewarding breastfeeding experience.

**WHEN:** 9:00 a.m.–12:00 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

**INFO:** Please call (928) 442-8800 to register.

## 17 TUESDAY

### Combination Hip and Knee Replacement Class

**FREE** YRMC's Physical Rehabilitation and Case Management departments offer one-hour informational classes for local residents who are scheduled for, or are contemplating total knee or total hip replacement surgery.

**WHEN:** 9:00–10:00 a.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Reservations are required. Please call (928) 771-5131.

### Respiratory Wellness: Beating Shortness of Breath

**FREE** YRMC's Respiratory Wellness program offers free classes on managing respiratory ailments. Certified COPD educators lead the classes. Registration required.

**WHEN:** 3:00–4:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

**INFO:** Please call (928) 771-5264 to register.

Turn over for more dates and  
Support Groups >>>

## Monthly Parkinson's Disease Exercise Classes

YRMC's Physical Rehabilitation Department offers exercise classes for people with Parkinson's disease, as well as caregivers and partners. Classes are held in Prescott and Prescott Valley.

### PRESCOTT CLASSES

**COST:** \$3 per class

**WHEN:** Mondays and Wednesdays, 10:00–11:00 a.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Please call (928) 771-5131.

### PRESCOTT VALLEY CLASSES

**COST:** \$3 per class

**WHEN:** Tuesdays and Thursdays, 2:00–3:00 p.m., YRMC Del E. Webb Outpatient Center, 2nd Floor Stretch Room, 3262 N. Windsong Dr., Prescott Valley.

**INFO:** Please call (928) 759-5940.

## PACE–PARKINSON AEROBIC CYCLE AND EXERCISE

**COST:** \$9/week or \$32 per month. Free to Pendleton Center Members with Parkinson's Disease.

**WHEN:** Mondays, Tuesdays, Thursdays and Fridays, 11:15 a.m. to 12:00 p.m., YRMC Wellness Center Gym, 930 Division St., Prescott.

**INFO:** Please call (928) 708-4635.

## 18 WEDNESDAY

### Understanding and Responding to Dementia-Related Behavior

**FREE** If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment and much more. Presented by the Alzheimer's Association.

**WHEN:** 11:00 a.m.–12:00 p.m., Samaritan Village Tower, 1075 Ruth St., Prescott.

**INFO:** Please register online at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 708-4636.

## 19 THURSDAY

### Meditation for Beginners

**FREE** In this one hour session you will learn Isha Kriya, a simple 12-18 minute practice, to help you become meditative effortlessly. Attain health, clarity and joy. Isha Kriya does not require any previous experience with meditation and can be done sitting in a chair. Presented by Ritu Gothwal, MD, YRMC PhysicianCare.

**COST:** FREE

**WHEN:** 1:00–2:30 p.m., Prescott Valley Public Library, Crystal Room, 7401 E. Civic Circle, Prescott Valley.

**INFO:** Please register online at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 708-4636.

## 25 WEDNESDAY

### United Blood Services Blood Drive

**FREE** Find the Hero in you. Donate three times a year.

**WHEN:** 8:00 a.m.–5:00 p.m., YRMC West, Thumb Butte Rm., 1003 Willow Creek Rd., Prescott.

**INFO:** Register online at [bloodhero.com](http://bloodhero.com) (sponsor code YRMC) or call (928) 771-5295.

### Meditation for Beginners

**FREE** In this one hour session you will learn Isha Kriya, a simple 12-18 minute practice, to help you become meditative effortlessly. Attain health, clarity and joy. Isha Kriya does not require any previous experience with meditation and can be done sitting in a chair. Presented by Ritu Gothwal, MD, YRMC PhysicianCare.

**WHEN:** 12:30–2:00 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Please call (928) 771-5794.

## 28 SATURDAY

### Super Saturday Family Birthing Class

Designed for first-time moms and their partners to help prepare for the arrival of a new baby. Participants are encouraged to start the series no later than the 27th week of pregnancy.

**COST:** \$35

**WHEN:** 9:00 a.m.–4:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

**INFO:** Please call (928) 442-8800 to register.

## 30 MONDAY

### Family Birthing Class

A four-week series designed for first-time moms and their partners to help prepare for the arrival of a new baby. Participants are encouraged to start the series no later than the 27th week of pregnancy and to attend all four of the classes.

**COST:** \$35

**WHEN:** Mondays, April 30th through May 21st, 6:30–8:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

**INFO:** Please call (928) 442-8800 to register.

## COMING MAY 2

### Freedom from Fractures

If you are over 45, this simple screening can give you valuable information about your bone health. Celebrate your independence! Maintain your freedom! Build strong bones!

**COST:** FREE

**WHEN:** 1:30–3:30 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Registration is required. Please call (928) 771-5794 to reserve your seat.



## YRMC'S SUPPORT GROUPS—Free

For more information please go to [YRMCHealthConnect.org](http://YRMCHealthConnect.org) and subscribe to receive email updates on any of our support groups.

## 9 MONDAY

### Better Breathers Club

Information and support for people with chronic obstructive pulmonary disease (COPD) and their families, friends and caregivers. Offered in cooperation with the American Lung Association.

**WHEN:** 1:00–2:00 p.m., YRMC Wellness Center, Community Education Room, 1003 Willow Creek Rd., Prescott.

**INFO:** Please call (928) 771-5264.

### Reversing Heart Disease Support Group

Explore strategies and techniques to reverse and prevent heart disease. Example topics include: Dietary Changes, Stress Reduction, Exercise Techniques and Research Results.

**WHEN:** 3:00–4:00 p.m. YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Please call (928) 771-5794.

## 10 TUESDAY

### Women's Lymphedema Support Group

A supportive environment for women with lymphedema related to breast cancer. Information on lymphedema related topics and guest speakers.

**WHEN:** 4:30–5:30 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Please call (928) 771-5131.

## 17 TUESDAY

### Living Well With Diabetes Support Group

Have you had diabetes for years, or just recently been diagnosed with the disease? Are you interested in the latest information on managing diabetes and maintaining your health? Local residents with diabetes, their spouses and caregivers are invited to join.

**WHEN:** 5:30–6:30 p.m., YRMC Wellness Center, Community Education Room, 930 Division Street, Prescott.

**INFO:** Please call (928) 771-5794.

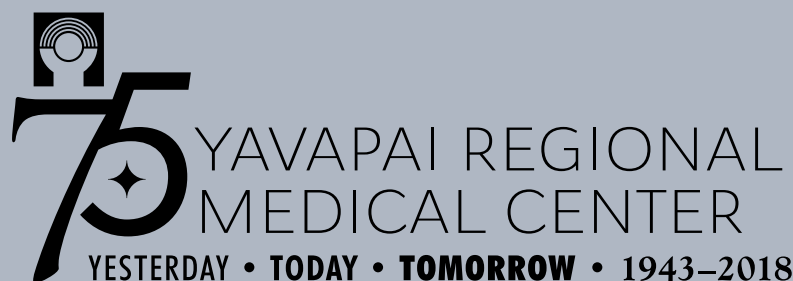
## 25 WEDNESDAY

### Heart & Soul Breast Cancer Support Group

YRMC is proud to provide a comfortable and private setting for sharing and support for survivors or those who have been recently diagnosed with breast cancer.

**WHEN:** 4:00–5:30 p.m., The BreastCare Center at YRMC East, 7700 E. Florentine Rd., Prescott Valley.

**INFO:** Please call (928) 442-8841.



The YRMC HealthConnect Calendar is published monthly so that as many people as possible will be aware of YRMC's wide selection of community outreach programs and services. For a complimentary copy of the current month's calendar, call YRMC's Community Outreach Department at (928) 771-5738, or visit [YRMCHealthConnect.org](http://YRMCHealthConnect.org).

[YRMC.org](http://YRMC.org)

[YRMCHealthConnect.org](http://YRMCHealthConnect.org)

