

# Health **connect**

www.YRMCHHealthConnect.org

**Make A YRMC Health Connection in JUNE**



## **A Lung Cancer Screening Could Save Your Life**

**Wednesday, June 27th,  
1:00-2:00 p.m.,  
Prescott Athletic Club,  
1 Kingswood Dr.,  
Prescott.**

Are you at risk for lung cancer? People over the age of 55 with a significant smoking history should know about the new annual screening (using low-dose CT) that can catch lung cancer early, before there are symptoms. Discover the details of this painless exam during this one hour presentation. Presented by Jen Harvey, RN, BSN, Patient Navigator for the Lung Screening Program at YRMC.

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

## **5 TUESDAY**

### **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 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, June 5th through June 26th, 6:30-8:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

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

## **7 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:** 2:00-3:30 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.

## **9 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.

IN CELEBRATION  
OF 75 YEARS

## **The Memory Catcher Project**

**YRMC's History Shared Through Stories**

**Check out our Memory Catcher Stories at**

[yrmchealthconnect.org/  
memory-catcher](http://yrmchealthconnect.org/memory-catcher)

## **11 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) 759-5940.

### **Respiratory Wellness: Traveling with Oxygen and How it Affects People with Lung Disorders**

**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, Spruce Room, 1003 Willow Creek Rd., Prescott.

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

## **12 TUESDAY**

### **Dementia Conversations**

**FREE** Learn tips and information on how to have honest and caring conversations with family members about issues relating to Alzheimer's disease and dementia. Presented by the Alzheimer's Association.

**WHEN:** 12:30-1:30 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.

## **19 TUESDAY**

### **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 Wellness Center, Community Education Room, 930 Division St., Prescott.

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

### **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 referral 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:** 1:00-3:00 p.m., YRMC Del E. Webb Outpatient Center, 1st Floor Conference Room., 3262 N. Windsong Dr., Prescott Valley.

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

**NEW**

## 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.

## 20 WEDNESDAY

### The Basics: Memory Loss, Dementia and Alzheimer's Disease

**FREE** Alzheimer's disease is not a normal part of aging. 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.

## 21 THURSDAY

### 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 referral 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:** 2:00–4:00 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

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

## 23 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.

## 26 TUESDAY

### Respiratory Wellness: Stress Management for People with Lung Ailments

**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.

## 26 TUESDAY

### Music: Unleashing the Power of You!

**FREE** This presentation examines the impact of music on the body and mind and discusses the associated health benefits. Presented by Chris Knack, MS, LAC and Certified Geriatric Care Manager.

**WHEN:** 3:00–4:00 p.m., Highgate Senior Living, 1600 Petroglyph Pointe Dr., Prescott.

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

## 27 WEDNESDAY

### A Lung Cancer Screening Could Save Your Life

**FREE** Are you at risk for lung cancer? People over the age of 55 with a significant smoking history should know about the new annual screening (using low-dose CT) that can catch lung cancer early, before there are symptoms. Discover the details of this painless exam during this one hour presentation. Presented by Jen Harvey, RN, BSN, Patient Navigator for the Lung Screening Program at YRMC.

**WHEN:** 1:00–2:00 p.m., Prescott Athletic Club, 1 Kingswood Dr., Prescott.

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

### Basic Nutrition and Weight Management Concepts

**FREE** Increase your knowledge about nutrition concepts, calories and weight management strategies. Presented by Tami Tuma, YRMC Exercise Physiologist, Health Coach and Personal Trainer.

**WHEN:** 12:30–1:30 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

**INFO:** Please register on line at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 771-5794.

## 28 THURSDAY

### 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.

## 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.

## 11 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, 930 Division St., 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.

## 12 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.

## 19 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 St., Prescott.

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

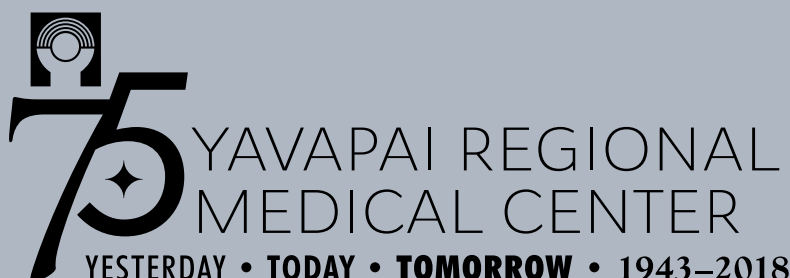
## 27 WEDNESDAY

### 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).

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