

# Health **connect**

Make A YRMC Health Connection in JULY



## 8 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.

## 10 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, July 10th through July 31st, 6:30–8:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.  
**INFO:** Please call (928) 442-8800 to register.

### Respiratory Wellness: COPD 101 3D

**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.

### 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, 2nd floor conference room, 3262 N. Windsong Dr., Prescott Valley.  
**INFO:** Please call (928) 759-5940 to register.

## 11 TUESDAY

### A Matter of Balance

**FREE** Many older adults experience concerns about falling and restrict their activities. This award-winning program is designed to manage falls and increase activity levels. Refreshments provided.  
**WHEN:** Tuesdays and Thursdays, July 11th through August 3rd, 3:00 – 5:00 p.m.  
**WHERE:** YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.  
**INFO:** Please call (928) 771-5794 for more information or to register.

## 12 WEDNESDAY

### Prescription Medications, Reducing Risks

**FREE** Learn about potential risks to older adults when taking prescription medication. The effects of prescription medications on older bodies, mixing medications with alcohol and herbal supplements, taking prescribed medications from other people or sharing yours. Suggestions will be made on how to talk to your physician when a medication is prescribed and making sure all physicians you see have a complete list of your medications including OTC and herbal supplements. Presented by Connie Boston, Senior Peer Prevention Program.  
**WHEN:** 1:15–2:15 p.m., Granite Gate Senior Living, 3850 N. Hwy 89, Prescott.  
**INFO:** Please call (928) 771-8200 to reserve your seat.

## 12 WEDNESDAY

### Freedom from Fractures

**FREE** Learn how to build and keep strong and healthy bones for life with practical and up-to-date information and resources. You'll complete a risk calculator to learn if you are at risk for having a fracture and then talk with one of our trained staff to learn what you need to do to help prevent fractures from occurring. Sponsored by American Bone Health and YRMC.  
**WHEN:** 1:30 – 3:30 p.m.  
**WHERE:** YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.  
**INFO:** Reservations are required. Please call (928) 771-5794 by Monday, July 10th to save your seat.



## 17 MONDAY

### SafeSitter

Designed to prepare students to be safe when they're home alone, watching younger siblings, or babysitting. The instructor-led class is filled with fun games and role-playing exercises. Students even get to use manikins to practice rescue skills like choking rescue and CPR! Students should bring a sack lunch.  
**COST:** \$50  
**WHEN:** Saturday, July 15th, 9:00 a.m. – 4:00 p.m.  
 or  
 Monday – Tuesday, July 17th and 18th, 9:00 a.m. - 2:30 p.m.  
 or  
 Wednesday – Thursday, July 26th and 27th, 9:00 a.m. – 2:30 p.m.  
**WHERE:** Catholic Charities conference room, 434 West Gurley St., Prescott.  
**INFO:** Please call (928) 708-7206 to register.

## 18 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:** 11:15 a.m.–12:15 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.  
**INFO:** Reservations are required. Please call (928) 771-5131.

### Respiratory Wellness: Best "Exercise" for the Easily Winded ... Tai Chi Cha with Dana Diller, Yavapai College Instructor

**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:** 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.

## Parkinson's Disease "BIG" Exercise Classes

Prior participation in YRMC's Physical or Occupational Therapy Program required.

**COST:** \$5 per class

**WHEN:** Tuesdays, July 11th, 18th and 25th,  
9:30–10:30 a.m., YRMC Wellness Center,  
Stretch Room, 930 Division St., Prescott.

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

## 22 SATURDAY

### All Day 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 WEDNESDAY

### Pendleton Lecture Series: Supermarket Sleuthing – Shop Smart, Eat Well

**FREE** Learn how to identify the healthiest products in the supermarket! We'll cover what to look for on the Nutrition Facts label and ingredients list and how to avoid being fooled by 'front of package' big print and advertising as well as share some easy, affordable summer recipes. Presented by Rita Carey Rubin, RD, MS, CDE.

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

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

### Eat Healthy, Live Healthy

**FREE** As you age, healthy eating can make a difference in your health. It helps to improve your sense of well-being, sharpen your mind, get stronger and live longer. It is never too late to change your diet and improve the way you feel. Presented by the YRMC Clinical Nutrition Department.

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

**INFO:** Please call (928) 227-3147 to reserve your seat.

## 27 THURSDAY

### United Blood Services Blood Drive

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

**WHEN:** 8:00 a.m.–4:00 p.m., YRMC West, Thumb Butte, 1003 Willow Creek Rd., Prescott.

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

## Ongoing Services For You

### Fall Risk Assessment Clinic

To reduce the number of falls and fall-related injuries, YRMC Physical Rehabilitation offers a Fall Risk Assessment Clinic. A physician's referral is required. Evaluation of balance deficits, mobility and how to improve stability and safety.

**COST:** Most insurance plans will cover the cost of the evaluation.

**WHEN:** By appointment only.

**WHERE:** YRMC WEST: YRMC Wellness Center, 930 Division Street, Prescott, or  
YRMC EAST: YRMC Del E. Webb Outpatient Center, 3262 N. Windsong Dr., Prescott Valley.

**INFO:** Please call (928) 771-5131 for more information or to schedule an appointment.

### Massage Therapy

YRMC offer a massage therapy program with 15, 30 and 60-minute sessions with a licensed massage therapist.

**COST:** Please call for pricing

**WHEN:** Appointments are available Monday – Friday.

**WHERE:** YRMC Wellness Center, 930 Division St., Prescott.

**INFO:** For pricing, gift certificates, or to schedule an appointment, please call (928) 771-5131.

### Speakers Bureau

**FREE** The YRMC Speakers Bureau helps you bring health-related information directly to your community group. For a current list of topics, go to [www.yrmc.org](http://www.yrmc.org) and click on the "Support and Community" tab.

**INFO:** To schedule a presentation for your organization, please call (928) 771-5738 or e-mail [speakersbureau@yrmc.org](mailto:speakersbureau@yrmc.org).

## YRMC's SUPPORT GROUPS—Free

## 10 MONDAY

### Reversing Heart Disease Support Group

**FREE** Explore strategies and techniques to reverse and prevent heart disease.

Example topics include: Dietary Changes, Stress Reduction, Exercise Techniques and Research Results. Lead by Rita Carey Rubin, RD, MS, CDE.

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

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

## 11 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.

## 26 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.



## YAVAPAI REGIONAL MEDICAL CENTER

*Proudly Caring for Western Yavapai County*

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 download it at [www.YRMCHealthConnect.org](http://www.YRMCHealthConnect.org).

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

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