

Health **connect**

YRMCHHealthConnect.org

Make A YRMC Health Connection in JUNE



3 MONDAY

Respiratory Wellness: Traveling, Altitude and Oxygen – Helpful Tips!

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.

Mediterranean Diet

FREE Research suggests following a Mediterranean Diet promotes good health and longevity. Please join Sheryl Chrisman, Registered Dietetic Technician at Yavapai Regional Medical Center, to learn how to develop a healthy eating plan with a splash of olive oil and maybe a sip of red wine.

WHEN: 1:30–2:30pm, Alta Vista Senior Living, 916 Canterbury Lane, Prescott.

INFO: Please register online at yrmc.eventbrite.com or call (928) 708-4636.

4 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.

Healthy Living for Your Brain and Body: Tips From the Latest Research

FREE Learn the latest research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, using hands-on tools to help you incorporate these into a plan for healthy aging. Presented by the Alzheimer's Association.

WHEN: 11:00 a.m.–12:00 p.m., Adult Center of Prescott, 1280 E. Rosser., Prescott.

INFO: Please register online at yrmc.eventbrite.com or call (928) 708-4636.

5 WEDNESDAY

Self-Defense for Seniors: Don't Be a Victim!

FREE Please join us for instruction and demonstration. Led by Jill Potter, RN, ACSM-CEP, CCRP, Sixth degree Black Belt, and Kim Friend, RN, BS, CDE, First degree Black Belt. Dress comfortably for activity.

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

INFO: Please call (928) 771-5794.

7 FRIDAY

Meditation

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

INFO: Please register online at yrmc.eventbrite.com or call (928) 708-4636.

8 SATURDAY

Super Saturday Family Birthing Class

Designed for first-time moms and their partners to help prepare for the arrival of a new baby. This class is optimal for those in their 32nd to 34th 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.

10 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: Please call (928) 759-5940 to register.

15 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.

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

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

Respiratory Wellness: How to Keep Your Immune System in Top Shape

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.

19 WEDNESDAY

Meditation

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: 1:00–2:00 p.m., Touchmark at the Ranch, 3180 Touchmark Blvd., Prescott.

INFO: Please register online at yrmc.eventbrite.com or call (928) 708-4636.

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

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

INFO: Please call (928) 708-4635.

22 SATURDAY

Super Saturday Family Birthing Class

Designed for first-time moms and their partners to help prepare for the arrival of a new baby. This class is optimal for those in their 32nd to 34th 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.

25 TUESDAY

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.

How Volunteering Helps You

FREE This presentation will cover the research based mental and physical health benefits of volunteerism. Other personal benefits such as increased connection with others and the community, skill development, a sense of purpose and personal accomplishment will also be discussed. We will talk about the types of volunteer opportunities that are available and finding your best match. Presented by Connie Boston, WYGC Senior Peer Program.

WHEN: 3:00–4:00 p.m., Prescott Lakes Apartments, 2105 Blooming Hills Dr., Prescott.

INFO: Please register online at yrmc.eventbrite.com or call (928) 708-4636.

27 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 Room, 1003 Willow Creek Rd., Prescott.

INFO: Register online at bloodhero.com (sponsor code YRMC) or call (928) 771-5295.

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 Pendleton Center, Community Education Room, 930 Division Street, Prescott.

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



For more information please go to YRMCHealthConnect.org and subscribe to receive email updates on any of our support groups.

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: The Better Breathers Club will not be meeting in June and July. When they start back up in August, they will be meeting at a new location yet to be determined.

INFO: Please call (928) 771-5264.

10 MONDAY

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.

18 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.

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.



Exercise Classes and Fitness Memberships at YRMC

Exercise, Fitness Programs, Gym Memberships, Group Classes and Personal Training at YRMC's Pendleton Centers in Prescott and Prescott Valley. We accept Silver Sneakers®, Silver & Fit®, Renew Active™ and AARP Medicare Supplement Program plans in addition to our comprehensive and primary memberships. Call today!

Prescott: (928) 771-5794

Prescott Valley: (928) 759-5920



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 visit YRMCHealthConnect.org.

YRMC.org

YRMCHealthConnect.org



YouTube

