

Health **connect**

Make A YRMC Health Connection in **SEPTEMBER**



Celebrate Life! HEALTH EXPO 2019

FRIDAY, September 6
SATURDAY September 7
Findlay Toyota Center
Prescott Valley

FREE YRMC invites you to explore the world's only inflatable, larger-than-life exhibits of the human body. Experience over 100 health, wellness and fun activities.

WHEN: 9:00 a.m.–3:00 p.m., Findlay Toyota Center, 3201 N. Main St., Prescott Valley.

INFO: Check out our exhibitors and download a map to plan your Expo experience at YRMCHealthConnect.org/Celebrate-Life-Health-Expo.



3 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.

7 SATURDAY

Car Seat Safety Check Event

FREE The Family Resource Center at YRMC will be providing carseat safety checks for all car seat types (infant, convertible, boosters, 3-in-1, 4-in-1). New seats may be provided as needed for those otherwise unable to acquire one.

WHEN: Saturday, September 7th. Please call for space availability.

WHERE: Del E. Webb Outpatient Building, 3212 N. Windsong Dr., Prescott Valley (in the parking lot).

INFO: You must pre-register in order to participate. Please call (928) 771-5651.

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

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: 6:30–8:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

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

10 TUESDAY

10 Warning Signs of Alzheimer's

FREE Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. We'll talk about typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process. Presented by the Alzheimer's Association.

WHEN: 12:30–1:30 p.m., Chino Valley Public Library, 1020 Palomino Rd., Chino Valley.

INFO: Register online at ymc.eventbrite.com or call (928) 708-4636.

11 WEDNESDAY

Keeping Purpose in Our Lives as We Age

FREE The field of positive psychology has yielded research that has underscored the importance of having a sense of purpose in our lives to maintain our well-being. Older adults may experience specific challenges in knowing or re-discovering their purpose as they transition through retirement and into older age. This presentation will focus on positive and creative ways to move through the process. Presented by Connie Boston, MSW, Manager, Senior Peer Program, WYGC.

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

INFO: Register online at ymc.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.

16 MONDAY

Respiratory Wellness: Asthma 101: Learn All You Need to Know to Stay Ahead!

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

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

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.

17 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 West, Granite Room, 1003 Willow Creek Rd., Prescott.

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

Respiratory Wellness: How to Minimize the Symptoms of Respiratory 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, Quail Room, 7700 E. Florentine Rd., Prescott Valley.

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

24 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.

Creating Habits of Happiness

FREE Scientists are constantly learning more about how our brains work. There is now evidence that we can create new neural pathways towards optimism. This presentation will give you research based information on how to create more happiness in your life. Presented by Connie Boston, MSW, Manager, Senior Peer Program, WYGC.

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

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

Fresh Start in 2019! Quit Tobacco!

FREE Here is the help you need to kick that habit. Free nicotine replacement options available. See Cessation Facilitator for details.

WHEN: Introductory session – Tuesday, September 24th. Remaining sessions on September 25th, 30th, October 1st, 8th and 9th. Participants are encouraged to attend all six classes. All sessions meet 7:00–8:30 p.m.

WHERE: YRMC West Cafeteria, 1003 Willow Creek Road, Prescott

INFO: Call (928) 771-5102.

26 THURSDAY

Effective Communication Strategies

FREE Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help connect and communicate at each stage of the disease. Presented by the Alzheimer's Association.

WHEN: 11:30 a.m.–12:30 p.m., Del E. Webb Outpatient Center, Community Education Room, 3262 N. Windsong, Dr., Prescott Valley.

INFO: Register online at 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 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, Prescott.

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

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. 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.



**YRMC
SUPPORT GROUPS**

For more information please go to YRMCHHealthConnect.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: 11:30 a.m.–12:30 p.m., Alta Vista Senior Living, Granite Room, 916 Canterbury Ln., 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.

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.



**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 YRMCHHealthConnect.org.

YRMC.org

YRMCHHealthConnect.org

