

Health YRMCHHealthConnect.org connect

Make A YRMC Health Connection in **MAY**



6 MONDAY

Balance

FREE Join us as we discuss balance. We'll go over what balance is, what systems control it and ways it can be improved. Presented by Al Peraza, PT, DPT, YRMC Physical Rehabilitation.
WHEN: 1:30–2:30 p.m., Alta Vista Senior Living, 916 Canterbury Lane, Prescott.
INFO: Please register online at yrmc.eventbrite.com or call (928) 708-4636.

7 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: Understanding and Managing Your Asthma

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.

11 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.

13 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.

Respiratory Wellness: The Top 7 Things You Need to do to Stay Healthy with Lung Disease

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.

14 TUESDAY

Understanding Alzheimer's and Related Dementia

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

15 WEDNESDAY

If I Feel Sad Am I Depressed?

FREE Sadness is a normal human emotion often felt in response to loss and disappointment. As we age, we may encounter more situations involving loss. For some, feelings of depression may persist; include feelings of hopelessness, a range of physical symptoms and suicidal thoughts. This presentation will help you know when professional help is needed as well as what effective treatments are available. Presented by Connie Boston, MSW, Manager, Senior Peer Program, WYGC.
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.

16 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 Pendleton Center, Community Education Room, 930 Division Street, Prescott.
INFO: Please call (928) 771-5794 to register.

18 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.

21 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.

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 WEDNESDAY

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 Del E. Webb Outpatient Center, 1st Floor Conference Room, 3262 N. Windsong Dr., Prescott Valley.

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

What You Should Know About Heart Failure

FREE Join Dr. Stephen Cantor, retired Cardiologist, as he discusses heart failure and how you can improve outlooks with contemporary specialty care.

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

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

23 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.

Cognition: Keeping Your Mind Sharp

FREE As you take in sensations from the world around you, the information that you see, hear, taste and smell must first be transformed into signals that your brain can understand. Cognition involves not only the things that go on inside our heads but also how these thoughts and mental processes influence our actions. Join us for an informative presentation where we look at cognitive functions encompassing reasoning, memory, attention and language which lead directly to the ability to learn. Presented by Kelly Smith, M.A., CCC/SLP.

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

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

28 TUESDAY

Let's Talk About Legs

FREE Circulatory problems in the legs can affect both men and women of all ages and can often appear as spider veins, varicose veins and hard-to-heal wounds. These conditions can be painful, debilitating and complicated and can signal a more serious condition known as chronic venous insufficiency. Learn about the symptoms and latest treatment options that are available at The Vein Center at YRMC. Presented by Anil Kumar, MD.

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

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

YRMC's SUPPORT GROUPS—Free

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

13 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.

14 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.

21 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.

23 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® and Optum Fitness Advantage® 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



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