

Health **connect**

Make A YRMC Health Connection



In light of heightened concerns regarding COVID19, YRMC is taking a proactive stance in protecting our community members by postponing most of our educational presentations and classes until further notice.

Thank you for your understanding.

Wash your hands often for at least 20 seconds.

Cough or sneeze into your elbow.

Don't touch your face.

Stay more than 3 feet apart from the next person.

If you feel sick, stay home.

If you are looking for the most reliable, up-to-date information regarding this public health situation, these resources should be your primary source of information:

[Arizona Department of Health Services
Coronavirus Disease](#)

[Yavapai County Community Health Services](#)

[CDC Coronavirus Disease](#)

[World Health Organization Coronavirus](#)

YRMC'S YOUR HEALTHY KITCHEN

Inspired.



**Your Healthy Kitchen
is Available at
YRMCHealthConnect.org**



YAVAPAI REGIONAL
MEDICAL CENTER

YOUR HEALTHY KITCHEN is an online series of brief, entertaining videos to help you learn how to prepare delicious, healthy, affordable dishes. Rita Carey Rubin, a Registered Dietician and Certified Diabetes Educator at YRMC, focuses on fruits, vegetables, whole grains, nuts and beans. Rita will take you step by step through the process, while sharing valuable tips along the way.

INSPIRED BY YOU.

YRMC.org

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