

Health **connect**

www.YRMCHHealthConnect.org

Make A YRMC Health Connection in **MAY**



1 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.

2 WEDNESDAY

Freedom from Fractures

FREE If you are over 45, this simple screening can give you valuable information about your bone health. Celebrate your independence! Maintain your freedom! Build strong bones!

WHEN: 1:30–3:30 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

INFO: Registration is required. Please call (928) 771-5794 to reserve your seat.

8 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.

9 WEDNESDAY

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

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

Nutrition and Fall Prevention

FREE Have you had a fall? Are you interested in preventing falls? Join Sheryl Chrisman, Registered Dietetic Technician at YRMC, as she shares important information about how the right eating plan helps decrease your risk of falls by supporting healthy muscle and bone strength.

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

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

10 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 Wellness Center, Community Education Room, 930 Division St., Prescott.

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

12 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.

14 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: Reservations are required. Please call (928) 759-5940.

Respiratory Wellness: Exercises for the Easily Winded

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.

15 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: Reservations are required. Please call (928) 771-5131.

19 SATURDAY

Super Saturday 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.

21 MONDAY

Spring Clean Your Lungs: 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 – Monday, May 21st. Remaining sessions on May 22nd, 29th, 30th, June 4th and 5th. Participants are encouraged to attend all six classes. All sessions meet 7:00–8:30 p.m.

WHERE: YRMC West Cafeteria, 1003 Willow Creek Rd., Prescott

INFO: Call (928) 771-5102.

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.

NEW

PACE–PARKINSON AEROBIC CYCLE AND EXERCISE

COST: \$9/week or \$32 per month. Free to Pendleton Center Members with Parkinson's Disease.

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

INFO: Please call (928) 708-4635.

22 TUESDAY

Respiratory Wellness: Understanding your Respiratory Medications

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.

The 7 Habits of Happiness

FREE Research has shown that we can change neural pathways in our brain towards optimism and an increased sense of well-being. Come learn about the science backed 7 Habits of Happiness that can boost your emotional and physical well-being. Presented by Connie Boston, MSW, Senior Peer Program.

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

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

23 WEDNESDAY

Know the 10 Signs

FREE If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease. Presented by the Alzheimer's Association.

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

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

24 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 Rm., 1003 Willow Creek Rd., Prescott.

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

24 THURSDAY

Fad Diets

FREE Popular or fad diets are quick fixes for long-term weight and nutrition problems. Although they can lead to short-term weight loss, fad diets lack the essential components for successful long-term weight changes. Join Sheryl Chrisman, registered dietetic technician at Yavapai Regional Medical Center, as she reviews several popular fad diets and the proven ways to have long-term success!

WHEN: 11:30 a.m.–12:30 p.m., YRMC Del E. Webb Outpatient Center, 1st Floor Conference Room, 3262 N. Windsong Dr., Prescott Valley.

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

30 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: 12:30–2:30 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

INFO: Please call (928) 771-5794.



Is Lung Cancer Screening Right For Me?

If you are at high risk for lung cancer, a new screening called low-dose computed tomography (LDCT), helps doctors find lung cancer before there are symptoms. LDCT screening has been proven to save lives by finding lung cancer early.

Learn more at bit.ly/yrmc-lungcare and download the free pack year calculator or call (928) 771-5454 to talk to our Patient Navigator.

YRMC's SUPPORT GROUPS—Free

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

8 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.

14 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, 1003 Willow Creek Rd., 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.

15 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.



YAVAPAI REGIONAL
MEDICAL CENTER

YESTERDAY • TODAY • TOMORROW • 1943–2018

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



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