

# Health **connect**

www.YRMCHHealthConnect.org

Make A YRMC Health Connection in **FEBRUARY**



Inhale. Exhale.

## Is Lung Cancer Screening Right For Me?

If you are at high risk for lung cancer, a new screening called low-dose computer 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](http://bit.ly/yrmc-lungcare) and download the free pack year calculator or call (928) 771-5454 to talk to our Patient Navigator.

## 2 FRIDAY

### 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 Mary Treasure, registered dietetic technician at Yavapai Regional Medical Center, as she reviews several popular fad diets and the proven ways to have long-term success!

**COST:** FREE

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

**INFO:** Please register online at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 708-4636.

## 5 MONDAY

### Understanding and Responding to Dementia-Related Behavior

**FREE** 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:** 1:30–2:30 p.m., Alta Vista Senior Living, 916 Canterbury Ln., Prescott.

**INFO:** Please register online at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 708-4636.

## 6 TUESDAY

### Combination Hip and 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.

### Family Birthing Class

A four-week series 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 and to attend all four of the classes.

**COST:** \$35

**WHEN:** Mondays, February 6th through 27th, 6:30–8:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

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

## 7 WEDNESDAY

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

**FREE** Please join us for instruction and demonstration. Led by Jill Potter, RN, ACSM-HFS, 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:** Space is limited. Please call (928) 771-5794 to reserve your seat.

## 10 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.

## 12 MONDAY

### Combination Hip and 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) 759-5920.

## 12 MONDAY

### Respiratory Wellness: End of Life Decisions for Those with Breathing Disorders

**FREE** YRMC's Respiratory Wellness program offers free classes on managing COPD and other respiratory ailments. 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.

## 13 TUESDAY

### The Basics: Memory Loss, Dementia and Alzheimer's Disease

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 Community Room, 1020 Palomino Rd., Chino Valley.

**INFO:** Please register online at [yrmc.eventbrite.com](http://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 your 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.

### Respiratory Wellness: Understanding Tests for COPD and other Lung Ailments

**FREE** YRMC's Respiratory Wellness program offers free classes on managing COPD and other 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.

## 15 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 your 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.

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.

## Parkinson's Disease "BIG" Exercise Classes

Prior participation in YRMC's Physical or Occupational Therapy program required.

**COST:** \$5 per class

**WHEN:** Tuesdays, February 6th, 13th, 20th and  
27th, 9:30–10:30 a.m., YRMC Wellness Center,  
Stretch Room, 930 Division St., Prescott.

**INFO:** Please call (928) 771-5131.

## 20 TUESDAY

### Combination Hip and 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 a.m.–10:00 a.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

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

## 21 WEDNESDAY

### Healthy Living by Managing Stress

**FREE** Stress is a normal part of life. But too much can be a problem. In this discussion, we will talk about types of stress, signs and symptoms, when stress becomes a problem and strategies to help manage stress. Presented by Kim Friend, RN, BS, CDE, YRMC Preventive Medicine.

**WHEN:** 11:00 a.m.–12:00 p.m., Samaritan Village Tower, 1075 Ruth St., Prescott.

**INFO:** Please register online at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 708-4636.

## 22 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](http://bloodhero.com) (sponsor code YRMC) or call (928) 771-5295.

## 24 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.

## 27 TUESDAY

### Respiratory Wellness: Oxygen, Altitude and Travel

**FREE** YRMC's Respiratory Wellness program offers free classes on managing COPD and other respiratory ailments. Certified COPD educators lead the classes. Registration required.

**WHEN:** 2:00–3:30 p.m., YRMC West, Spruce Room, 1003 Willow Creek Rd., Prescott.

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

### Dementia Conversations

**FREE** Learn tips and information on how to have honest and caring conversations with family members about issues relating to Alzheimer's disease and dementia. Presented by the Alzheimer's Association.

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

**INFO:** Please register online at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 708-4636 to reserve your seat.

## 28 WEDNESDAY

### Heart Healthy Living

**FREE** The heart is one of the most important organs in our body. Come learn about this vital organ and the many ways we can keep it healthy. This presentation will cover risk factors for heart disease, physical activity, healthy eating and stress management. Presented by Tami Tuma, YRMC Exercise Physiologist, Health Coach and Personal Trainer.

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

**INFO:** Please call (928) 771-5794.

### Meditation for Beginners

**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:** 1:00–2:30 p.m., Prescott Athletic Club, 1 Kingswood Dr., Prescott.

**INFO:** Please register online at [yrmc.eventbrite.com](http://yrmc.eventbrite.com) or call (928) 708-4636 to reserve your seat.

### 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**

## YRMC's SUPPORT GROUPS—Free

## 12 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.

## 13 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.

## 20 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 Street, Prescott.

**INFO:** Please call (928) 771-5794.

## 28 WEDNESDAY

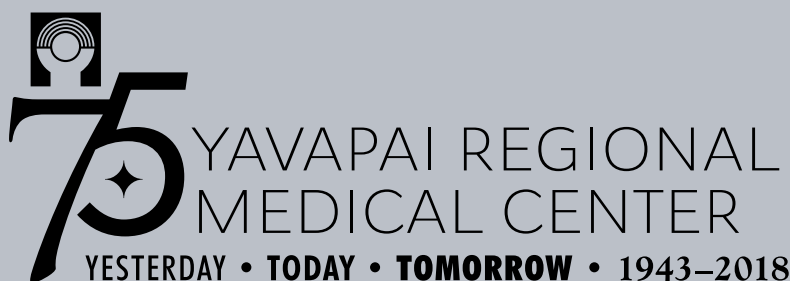
### Heart & Soul Breast Cancer Support Group

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.



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](http://YRMCHealthConnect.org).