

Health **connect**

www.YRMCHHealthConnect.org

Make A YRMC Health Connection in **MARCH**



2 FRIDAY

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

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

3 SATURDAY



Join us at YRMC's Celebrate Life Health Expo 2018!

FREE Saturday, March 3, 2018, 9:00 a.m.–1:00 p.m.

Prescott Valley Event Center, 3201 N. Main Street, Prescott Valley.

5 MONDAY

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, March 5th through 26th, 6:30–8:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

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

6 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.

A Matter of Balance

FREE Many older adults experience concerns about falling and restrict their activities. This is an award-winning program designed to manage falls and increase activity levels. Sponsored by YRMC and NACOG Area Agency on Aging.

WHEN: Tuesdays and Thursdays, March 6 through March 29, 3:00 p.m.–5:00 p.m.

WHERE: YRMC Wellness Center, Community Ed. Room, 930 Division St., Prescott.

INFO: Please call (928) 771-5794.

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.

Respiratory Wellness: Infection Control for Folks with Respiratory Issues

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.

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, March 12th. Remaining sessions on March 13th, 20th, 21st, 27th and 28th. 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.

13 TUESDAY

Respiratory Wellness: Nutrition and Cooking for Pulmonary Patients

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.

14 WEDNESDAY

Volunteering: It's Good for Your Health

FREE This presentation will cover the research based mental and physical health benefits of volunteerism. Other personal benefits such as increased connection with others and the community, skill development, a sense of purpose and personal accomplishment will also be discussed. There will be discussion about the types of volunteer opportunities that are available and finding your best match. A brief summary of the Senior Peer Prevention Program volunteer opportunities will be included. Presented by Connie Boston, MSW, Senior Peer Prevention Program.

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

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

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 required. Please call (928) 771-5131.

21 WEDNESDAY

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

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

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.

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

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, March 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.

27 TUESDAY

A Lung Cancer Screening Could Save Your Life

FREE Are you at risk for lung cancer? People over the age of 55 with a significant smoking history should know about the new annual screening (using low-dose CT) that can catch lung cancer early, before there are symptoms. Discover details of this painless exam during this presentation. Presented by Jen Harvey RN, BSN, Patient Navigator for the Lung Screening Program at YRMC.

WHEN: 1:00–2:00 p.m., Adult Center of Prescott,
1280 E. Rosser, Prescott.

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 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: How to Lessen the Symptoms of COPD and other Respiratory Ailments

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

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

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

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

28 WEDNESDAY

Age Proof Your Brain

FREE Join us for an informational discussion on tips for keeping your brain healthy, young and active through diet, exercise, games and social interaction. 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.

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

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

29 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.

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.



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 St., Prescott.

INFO: Please call (928) 771-5794.

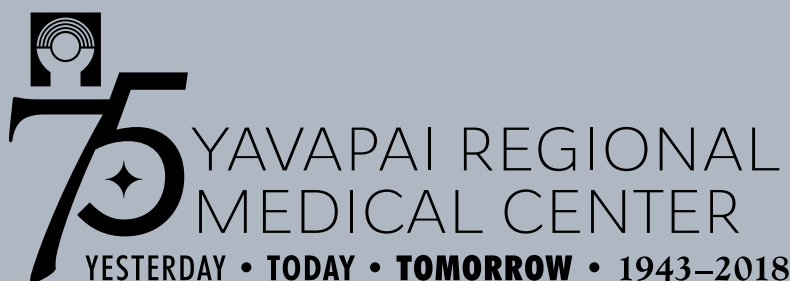
28 WEDNESDAY

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.



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 YRMCHealthConnect.org.