

# Health **connect**

www.YRMCHHealthConnect.org

Make A YRMC Health Connection in **JANUARY**



## **3** THURSDAY

### Fresh Start for 2019! 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 – Thursday, January 3rd. Remaining sessions on January 10th, 14th, 16th, 21st and 24th. 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.

## **4** FRIDAY

### Healthy Legs: All You Need to Know

**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:** 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.

## **7** MONDAY

### Chair Exercises for the Easily Winded

**FREE** Do you feel like you don't have the stamina to exercise? Do you easily get short of breath? Come and learn how to exercise from a chair with a routine anyone can follow and do. Presented by Jennifer Smith, YRMC Respiratory Therapist.

**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.

### 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 30th week of pregnancy and to attend all four of the classes.

**COST:** \$35

**WHEN:** Mondays, January 7th through January 28th,  
6:30–8:30 p.m., YRMC East, Pronghorn Room,  
7700 E. Florentine Rd., Prescott Valley.

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



## **8** TUESDAY

### Mediterranean Diet

**FREE** Research suggests following a Mediterranean Diet promotes good health and longevity. Please join Mary Treasure, Registered Dietetic Technician at Yavapai Regional Medical Center, to learn how to develop a healthy eating plan with a splash of olive oil and maybe a sip of red wine.

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

**INFO:** Please register on line 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 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.

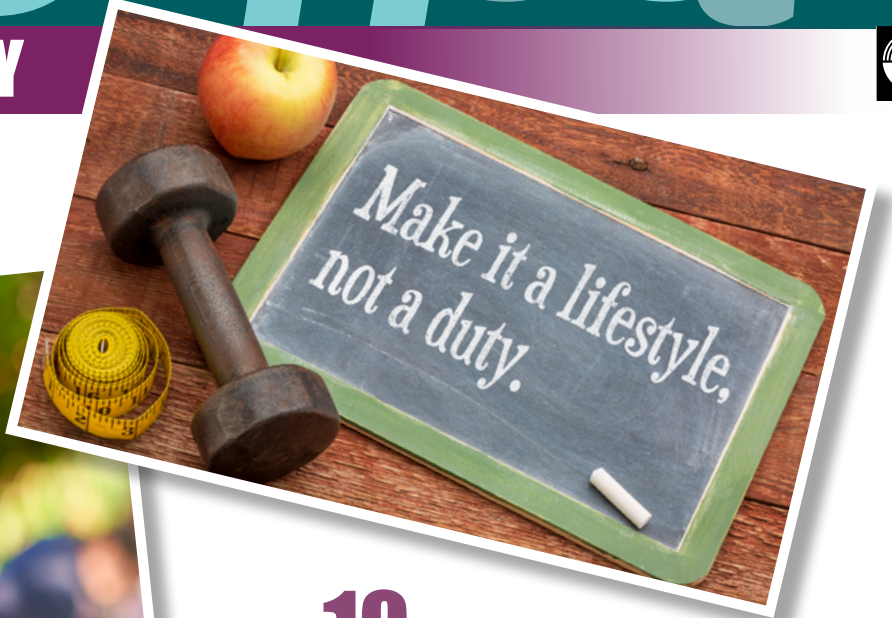
## **9** WEDNESDAY

### Go With the Flow—Keeping Your Legs Healthy

**FREE** Dr. Matthew Dicker, an Interventional Radiologist specially trained in vein and artery health, will lead the discussion. Learn about keeping your blood vessels healthy as well as both surgical and non-surgical options for peripheral vascular disease, which decreases blood flow in the arteries and can lead to leg cramps. We will also discuss venous insufficiency, a condition that causes decreased blood flow from the leg veins to the heart which can lead to varicose veins and swelling.

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

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



## **10** THURSDAY

### Healthy Legs: All You Need to Know

**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:** 10:00–11:00 a.m., Granite Creek Health &  
Rehabilitation Center, 1045 Scott Dr., Prescott.

**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 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.

## **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:** Please call (928) 759-5940 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.

## 14 MONDAY

### Respiratory Wellness: Chair 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:** Please call (928) 771-5131 to register.

## 16 WEDNESDAY

### Mediterranean Diet

**FREE** Research suggests following a Mediterranean Diet promotes good health and longevity. Please join Mary Treasure, Registered Dietetic Technician at Yavapai Regional Medical Center, to learn how to develop a healthy eating plan with a splash of olive oil and maybe a sip of red wine.

**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.

## 17 THURSDAY

### Healthy Legs: All You Need to Know

**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.

**COST:** FREE

**WHEN:** 12:00–1:00 p.m., Prescott Valley Public  
Library, Crystal Room, 7401 E. Civic Circle,  
Prescott Valley.

**INFO:** Please call (928) 708-4636 to register.

## 22 TUESDAY

### Respiratory Wellness: COPD 101: A Visual Presentation

**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.

## 23 WEDNESDAY

### What Color is Your Personality?

**FREE** Are you Ruby, Sapphire, Pearl or Diamond? Are you talkative, love socializing, love helping others, motivated by facts and figures or is a challenge your true motivation? Each represents a personality type. Which Gem are you? Presented by Kim Friend, RN, BS, CDE.

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

**INFO:** Please register on line at [yrmc.eventbrite.com](http://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 Room, 1003 Willow Creek Rd., Prescott.

**INFO:** Register online at [bloodhero.com](http://bloodhero.com) (sponsor  
code YRMC) or call (928) 771-5295.

## 26 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.



## YRMC's SUPPORT GROUPS—Free

For more information please go to [YRMCHealthConnect.org](http://YRMCHealthConnect.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, 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.

## 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  
Street, 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

*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](http://YRMCHealthConnect.org).

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