

# Health **connected**

Make A YRMC Health Connection in MAY



## 1 MONDAY

### The Basics of Alzheimer's

**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 call (928) 772-6000 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, May 1st through May 22nd, 6:30–8:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

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

## 2 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:** 11:15 a.m.–12:15 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

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

## 5 FRIDAY

### The A-B-C's of Medicare

**FREE** Would you like to better understand Medicare and be able to remember how it works? Come join us for a fun look at making Medicare memorable and easy to understand. Presented by Matt Monk, Kellogg Insurance.

**WHEN:** 2:30–3:30 p.m., Las Fuentes Social Room, 1035 Scott Dr., Prescott.

**INFO:** Please call (928) 445-9300 to register.

## 8 MONDAY

### Respiratory Wellness: Living with Oxygen

**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.

### 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, 2nd Floor conference room, 3262 N. Windsong Dr., Prescott Valley.

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

## 9 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 your insurance may cover some or all of the cost.

**WHEN:** 1:00–3:00 p.m., YRMC Del E. Webb Outpatient Center, first floor conference room, 3262 N. Windsong Dr., Prescott Valley.

**INFO:** Please call (928) 759-5920 to register.

## 10 WEDNESDAY

### Advances in Breast Cancer Treatment

**FREE** Breast Cancer affects both men and women. The statistics will surprise you! Learn about new treatments and advances in technology that can be found right here at the BreastCare Center at Yavapai Regional Medical Center. Presented by Julie Bender, RN, BSN, Patient Navigator.

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

**INFO:** Please call (928) 771-8200 to reserve your seat.

## 11 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.

## 13 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.

## 16 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:** 11:15 a.m.–12:15 p.m., YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

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

### Respiratory Wellness: Living with Asthma

**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:** 2:30–4:00 p.m., YRMC West, Spruce Room, 1003 Willow Creek Rd., Prescott.

**INFO:** Please call (928) 771-5264 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, May 2nd, 9th, 16th and 23rd,  
9:30–10:30 a.m., YRMC Wellness Center,  
Stretch Room, 930 Division St., Prescott.

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

## 17 WEDNESDAY

### The A-B-C's of Medicare

**FREE** Would you like to better understand Medicare and be able to remember how it works? Come join us for a fun look at making Medicare memorable and easy to understand. Presented by Matt Monk, Kellogg Insurance.

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

**INFO:** Class size is limited so register early! Please call (928) 778-3302.

## 18 THURSDAY

### Effective Communication Strategies and Alzheimer's

**FREE** As people with Alzheimer's disease and other dementias progress in their journey, the ability to use words is lost and families need new ways to connect. This program explores how communication takes place when someone has Alzheimer's and identifies strategies to help connect and communicate at each stage of the disease. Presented by the Alzheimer's Association.

**WHEN:** 10:00–11:00 a.m., Granite Creek Health & Rehab Center, 1045 Scott Drive, Prescott.

**INFO:** Class size is limited so register early! Please call (928) 778-9603.

## 20 SATURDAY

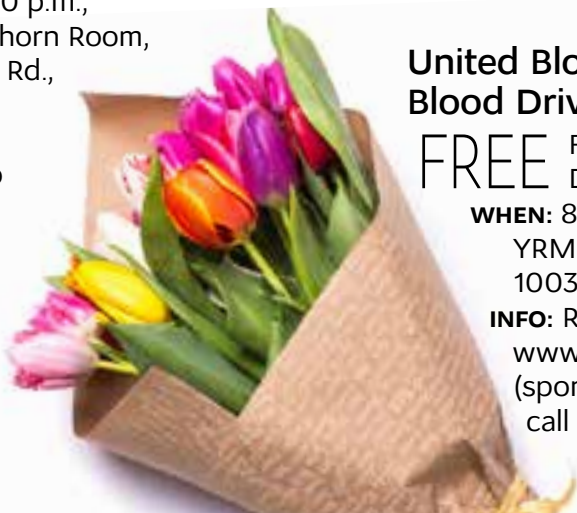
### All Day Family Birthing Class

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.



## 23 TUESDAY

### The A-B-C's of Medicare

**FREE** Would you like to better understand Medicare and be able to remember how it works? Come join us for a fun look at making Medicare memorable and easy to understand. Presented by Matt Monk, Kellogg Insurance.

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

**INFO:** Please call (928) 541-1400 to reserve your seat.

## 24 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, 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:** For information please call (928) 771-5794.

## 25 THURSDAY

### Respiratory Wellness: COPD and the Caregiver

**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:** 3:00–4:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

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

### United Blood Services Blood Drive

**FREE** Find the Hero in you. Donate three times a year.

**WHEN:** 8:00 a.m.–4:00 p.m.,  
YRMC West, Thumb Butte Room,  
1003 Willow Creek Rd., Prescott.

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

## YRMC's SUPPORT GROUPS—Free

## 8 MONDAY

### 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.

Lead by Rita Carey Rubin, RD, MS, CDE.

**WHEN:** 3:00–4:00 p.m. YRMC Wellness Center, Community Education Room, 930 Division St., Prescott.

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

### 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 West, Spruce Room, 1003 Willow Creek Rd., Prescott.

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

## 9 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.

## 16 TUESDAY

### Living Well With Diabetes Support Group

Local residents with diabetes, their spouses and caregivers are invited to join YRMC's Diabetes Support Group. This month's topic is "What Happens When You Call 911?" Presented by Jeff Knotek, RN, Paramedic, Retired Firefighter and Flight RN.

**WHEN:** 5:30–6:30 p.m., YRMC Wellness Center, Community Education Room, 930 Division Street, Prescott.

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

## 24 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 download it at [www.YRMCHealthConnect.org](http://www.YRMCHealthConnect.org).

[yrmc.org](http://yrmc.org)

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



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