

# Health **connect**

Make A YRMC Health Connection in **OCTOBER**



## LIVE STREAM EVENT!

**THURSDAY,  
OCTOBER 17TH**

### **YRMC – Your Destination for Cardiac Care and Blood Management**

**WHEN:** Thursday, October 17th,  
6:00 to 8:00 p.m.

**HOW:** Log into [YRMCHealthConnect.org/  
pbm](http://YRMCHealthConnect.org/pbm) or on Facebook at [facebook.com/  
YavapaiRegionalMedicalCenter](https://facebook.com/YavapaiRegionalMedicalCenter)

Watch the live broadcast from the comfort of your own home. Yavapai Regional Medical Center (YRMC) invites you to join leading heart specialists – a cardiologist, a cardiothoracic surgeon, an electrophysiologist, an interventional cardiologist – and top patient blood management experts. Innovation and excellence come together with YRMC's Heart Program and Patient Blood Management Program. Launched in 2007 and 2012, respectively, these thriving YRMC services soon gained reputations as outstanding regional healthcare programs. Today, they are respected healthcare destination programs that attract national and international attention.

## **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 West, Granite Room, 1003 Willow Creek Rd., Prescott.

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

**Turn over for more dates and  
Support Groups >>>**



## **1 TUESDAY**

### **The Aging Brain: Combating Senior Moments**

**FREE** Please join Lorrie Nebrig, MA/CCC-SLP as she addresses those “normal” aging changes in our ability to communicate effectively and in how we can better use our optimal memory skills. Knowing that we must “use it or lose it,” this presentation focuses on hands-on everyday, activities that can be used to preserve our all important skills of effective language and communication as well as memory and recall.

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

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

## **7 MONDAY**

### **Respiratory Wellness: What is COPD? Do I Have it? What Can I do About it?**

**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.

### **The Seven 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 Seven Habits of Happiness that can boost your emotional and physical well-being. Presented by Connie Boston, MSW, Senior Peer Program.

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

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



## **9 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:** 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.

## **12 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.

## **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.

## **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 West, Granite Room, 1003 Willow Creek Rd., Prescott.

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