

Health **connect**

www.YRMCHHealthConnect.org

Make A YRMC Health Connection in JULY



3 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.

9 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.

Respiratory Wellness: Beating Shortness of Breath

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.

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, July 9th through July 30th, 6:30–8:30 p.m., YRMC East, Pronghorn Room, 7700 E. Florentine Rd., Prescott Valley.

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

11 WEDNESDAY

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

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

14 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.

17 TUESDAY

Combination Hip & Knee Replacement Class

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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.

18 WEDNESDAY

The 7 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 7 Habits of Happiness that can boost your emotional and physical well-being. Presented by Connie Boston, MSW, Senior Peer Program.

WHEN: 2:00 p.m.–3:00 p.m., Adult Center of Prescott, 1280 E. Rosser, Prescott.

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

18 WEDNESDAY

Staying Hydrated with Healthy Drinks

FREE Dehydration is a condition that can occur when the loss of body fluids, mostly water, exceeds the amount that is taken in. Drinking fluids is essential to staying alive. Please join Mary Treasure, YRMC Registered Dietetic Technician, to learn about the signs and symptoms of dehydration and ways to maintain adequate proper hydration.

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

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

19 THURSDAY

Oh My Aching Back!

FREE Learn basic anatomy, function, common spine problems and how to best care for your back. Presented by Alfred H. Peraza, PT, DPT, YRMC Del E. Webb Outpatient Physical Rehab.

COST: FREE

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

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

24 TUESDAY

Have You Been Told You Have Prediabetes? Learn the Facts.

FREE 1 out of 9 people in Arizona live with Diabetes. There is a growing epidemic of "Pre-diabetes" in our state, yet few understand the meaning of the term. This class provides facts about pre-diabetes and diabetes, including specific lifestyle guidance on how to prevent and/or manage the disease.

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.

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.

NEW

PACE–PARKINSON AEROBIC CYCLE AND EXERCISE

COST: \$9/week or \$32 per month. Free to Pendleton Center Members with Parkinson's Disease.

WHEN: Mondays, Tuesdays, Thursdays and Fridays, 11:15 a.m. to 12:00 p.m., YRMC Wellness Center Gym, 930 Division St., Prescott.

INFO: Please call (928) 708-4635.

24 TUESDAY

Reducing Risks When Taking Medications

FREE This presentation will cover potential risks to older adults when taking prescription medication such as effects of prescription medications on older bodies, mixing medications with alcohol and herbal supplements, taking prescribed medications from other people or sharing yours. Suggestions will be made on how to talk to your physician when a medication is prescribed and making sure all physicians you see have a complete list of your medications including OTC and herbal supplements. Presented by Connie Boston, MSW, Senior Peer Program.

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

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

Respiratory Wellness: CPAP, BiPAP and a Better Night's Sleep

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.

25 WEDNESDAY

Staying Hydrated with Healthy Drinks

FREE Dehydration is a condition that can occur when the loss of body fluids, mostly water, exceeds the amount that is taken in. Drinking fluids is essential to staying alive. Please join Mary Treasure, YRMC Registered Dietetic Technician, to learn about the signs and symptoms of dehydration and ways to maintain adequate proper hydration.

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

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



26 THURSDAY

Nutrition and Fall Prevention

FREE Have you had a fall? Are you interested in preventing falls? Join Sheryl Chrisman, YRMC Registered Dietetic Technician, as she shares important information about how the right eating plan helps decrease your risk of falls by supporting healthy muscle and bone strength.

WHEN: 11:30 a.m.–12:30 p.m., YRMC Del E. Webb Outpatient Center, 1st Floor Conference Room, 3262 N. Windsong Dr., Prescott Valley.

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

Have You Been Told You Have Prediabetes? Learn the Facts.

FREE 1 out of 9 people in Arizona live with Diabetes. There is a growing epidemic of "Pre-diabetes" in our state, yet few understand the meaning of the term. This class provides facts about pre-diabetes and diabetes, including specific lifestyle guidance on how to prevent and/or manage the disease.

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 Wellness Center, Community Education Room, 930 Division St., Prescott.

INFO: Please call (928) 771-5794 to register.

26 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.

28 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.

YRMC's SUPPORT GROUPS—Free

For more information please go to YRMCHealthConnect.org and subscribe to receive email updates on any of our support groups.

9 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.

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

INFO: Please call (928) 771-5794.

10 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.

25 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.

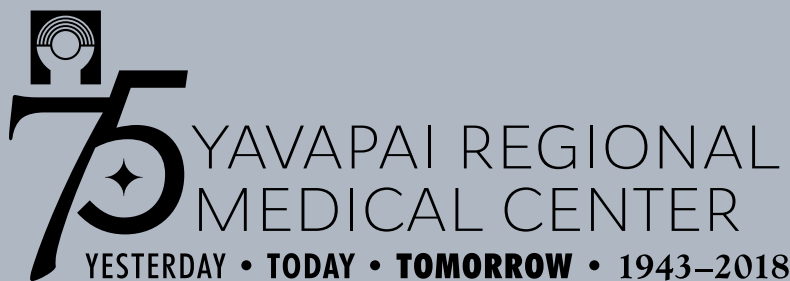
INFO: Please call (928) 442-8841.

Is Lung Cancer Screening Right For Me?

If you are at high risk for lung cancer, a new screening called low-dose computed 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 and download the free pack year calculator or call (928) 771-5454 to talk to our Patient Navigator.



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.